Nation
Volume 14, No. 18 • July 20, 2007

Indigenous International Women's Conference

Women's movement gains ground

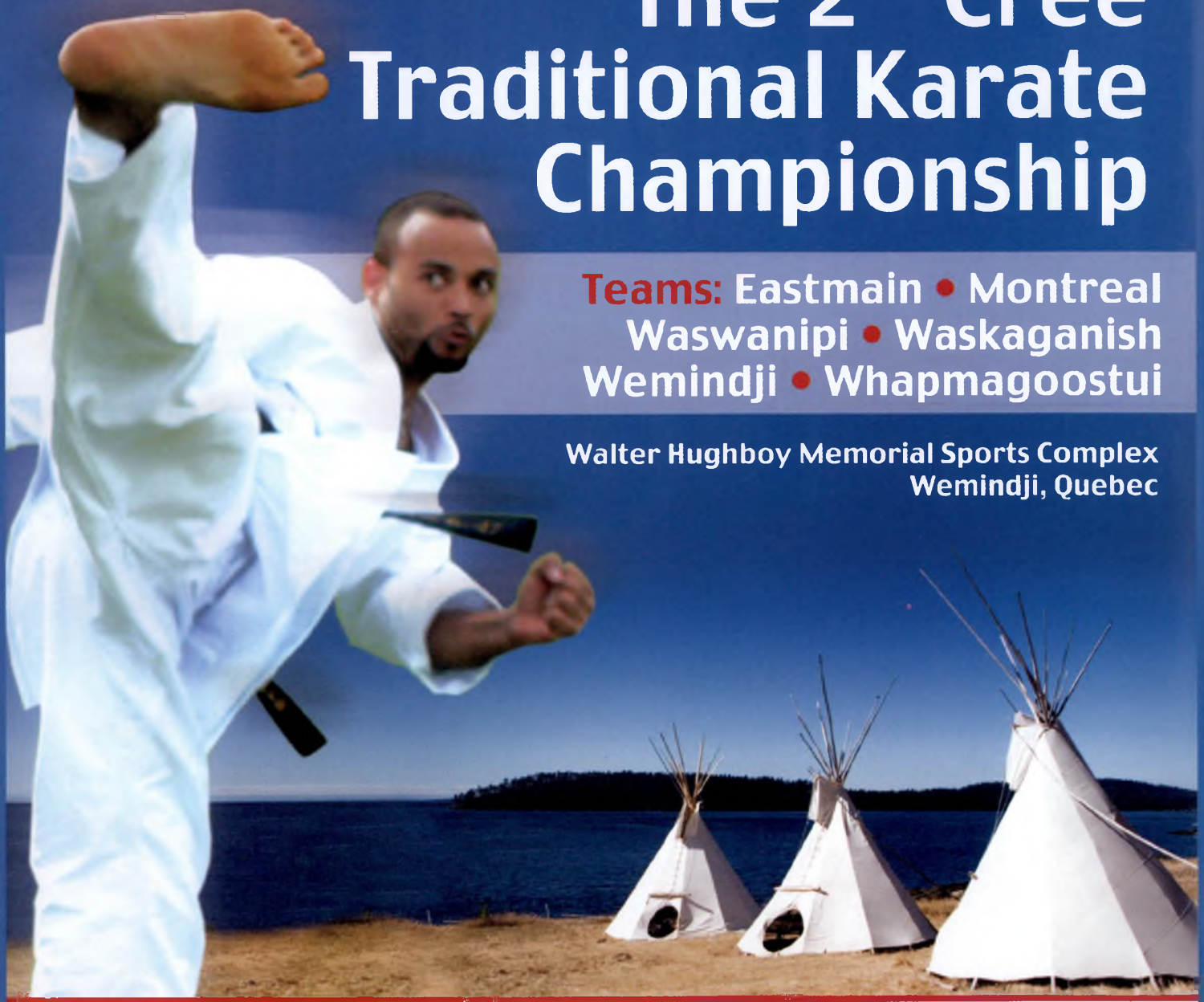
Damming Waswanipi

$2 Free in Iyiyuuschii
Serving Iyiyuuschii since 1993
Canada Post Publication No. 40015005

THE CREE NATION OF WEMINDJI PRESENTS

August 10th, 11th and 12th 2007

The 2nd Cree Traditional Karate Championship



Teams: Eastmain • Montreal
Waswanipi • Waskaganish
Wemindji • Whapmagoostui

Walter Hughboy Memorial Sports Complex
Wemindji, Quebec

SPECIAL GUESTS: Chanch chau Tran, 6th Dan, president TKC & FQKT
Club de karaté Montréal Concordia • Quebec Team • France

IN COLLABORATION WITH

FQKT

TRADITIONAL KARATE CANADA TRADITIONNEL

For more information contact :
Brian Ottereyes at 819-978-3060

CREE NATION OF WEMINDJI
A Community Where Tradition Lives On

Simba Martial Arts Academy
ETHICS
Health
SECURITY

editorial

Meet the new boss, same as the old boss

by Will Nicholls

Our suggestion in last week's editorial to report any and all illegal garbage dumps in order to get the Municipality of James Bay to clean them up (as it is required to do) certainly hit a nerve out there in Eeyou Istchee.

Crees are beginning to feel the effects of living under the new colonial system that was installed by the Quebec government when it passed Bill 40, giving control over Cree Category III lands to the Municipality. Many responded to last week's editorial with a long list of examples of how the MBJ is using its new power to run roughshod over our lands.

It is increasingly obvious that the Quebec government has usurped Cree rights over our traditional territory and handed them to a foreign political body. Crees are coming to feel that their Jamesien neighbours are enjoying a free ride at their expense.

Others refuse to even acknowledge there is such a thing as the MBJ. They find it difficult to understand why the MBJ has a say in the management of category III lands. No municipality has ever been given such a land base, they note.

More ominously, they charge that Bill 40 circumvents the spirit of the James Bay and Northern Quebec Agreement. The JBNQA preface says that the Quebec government wishes to do away with the idea of reserves where the "Indian" gets the reserve and the "Whiteman" everything else. Bill 40, however, does exactly that as Cree can control Category I lands, have a little influence over Category II lands and now none at all, it would appear, over their Category III territories.

In one instance, a campground near Waswanipi that was used by community members for decades was expanded without consulting Crees last year in the spring. There was also no submission to a social and environmental process. The site is now occupied in part by large trailers and there are no fees.

Crees looking to go into tourism through outfitting camps face problems also. Some outfitters have reported receiving municipal tax bills. An American would call this taxation without representation, one of the principal causes of the American Revolution.

A Cree outfitter from Chisasibi wanted to build a traditional Cree lodge as part of its tourism venture. It was blocked by the MBJ as it did not comply, supposedly, with building codes. This left some people wondering when and where a building code was developed for traditional Cree structures.

Another complaint by Crees is that the MBJ is receiving a portion of the stumpage fees from forestry companies. This angers many who have been lobbying for revenue sharing for decades. The MBJ use these funds for everything from creating or maintaining camp grounds to snowmobile trail networks. Cree trappers have complained in the past that they have been warned away from the trails unless they paid a fee even when the trail goes through their traplines.

We all know that the proposed Chapais pig farm got a big helping hand from the MBJ when it rezoned some hunting grounds as agricultural without consulting Crees. This has ruffled more than a few feathers.

Another strange development is the sweetheart compensation agreement worth hundreds of millions of dollars that the MBJ won from Hydro Quebec for the Eastmain projects, the Rupert River diversion and the Sarcelle power house.

Those projects are already designed for the benefit of Quebec's non-Native communities, so it's difficult to imagine why the MBJ communities, many of them hundreds of kilometres from any development, need to be compensated once again. Hydro Quebec even gave the MBJ $1 million to negotiate the deal.

Indeed it implies a special status and a stacked deck when the MBJ sits down at the table. They have stated in the past they are not required to consult the Crees on certain projects such as campgrounds, snowmobile trails, and so on, even to the extent of where they are located or the nature of the project.

To put it mildly, these insults and assaults have many wondering if the "new relationship" we thought we had with Quebec is no different from the old relationship of conflict, deceit and theft.

Contents

editorial

New boss 3

rez notes

The plain truth on getting hitched 4

news

MBJ to dam Waswanipi? 5

Cree model forest cuts 7

In brief 9

feature

Women's conference 10

Wedding plans 15

Wellness camps go coastal 23

Under the Northern Sky

Music that moves us 29

on the cover

Photo: Big Stevie

Design: Little Rick

rez notes

Tripping down the aisle

by Sonny Orr

Summer is usually the best time of the year to tie the knot. I say that because it usually is the best time to do anything when it comes to getting a massive wedding party planned out without having to put on extra winter clothing just to get around to the party, feast, pictures, dance, and all that other jazz which is now associated with getting hitched. While winter weddings are now rarer than ever, some do still cut the cake in January.

Back in the day, the longest service was barely 10 minutes long for each couple, who often got married at the same ceremony as a number of other betrothed duos. This was done, I presume, for economics and sharing the costs of the feasts afterwards, which was about the same amount of effort for two or more couples as it was for one.

The feasts were often held at the local hall, but many I attended as a youngster were held at the largest houses in town. No one had any real access to larger buildings until the church got their own parish hall, where everything could be carried out under the same roof.

The feasts consisted of traditional foods, and the turkey was a rarer taste not quite adopted until the late 1980s, when the birds could be bought by the hundreds and trucked up on paved roads. The traditional wedding feast table would usually be adorned with various brands of cigarettes, which guests would light up and pocket the pack if they wanted to.

Into the 80s, sneaking in drinks to help the best man get enough liquid courage to hit the dance floor was the usual method of getting the fun started. Sometimes the fun got a little out of hand, but by early morning, everything was forgiven.

In those days, suing anyone for rank behaviour and ruining your special night while under the influence was not a consideration. I bet some still rue the day they lost their bride to another. Such is l'amour.

Some marital joinings were shotgun weddings, with families tightly sewn together in favour of the pregnant bride marrying the "cad," and forever (literally forever) requesting that more kids be named after uncles and aunts, just to compensate for the first "mistake."

In the 90s, at the dawn of the instant communication era, one lucky couple I know well actually had their contemporary wedding dance broadcast over one of the national television music shows, but this is a rarity.

Today, anyone with a digital video camera can make their own memories come alive 20 years down the line (if everything works out and digital technology still exists). Pictures are still the big winner when it comes to walking down memory lane and are quite often the first to get smashed up when the going gets rough after three damn nights have gone by without a peep from the spouse.

In the future, I can see that the wedding will soon go online, with a computer-enhanced group of guests who never dare to dispute the beloved's choice, a photo-room to walk through and enough backgrounds galore to convince anyone the honeymoon was really at Niagara Falls or some far-off exotic beach.

Even the wedding license will be issued once the secret pin number is entered by both parties, with little boxes to click off the pre-nuptial items into one tidy agreement and your choice of arbitrators if you choose to have the online divorce settled within a pre-described time limit of, say, two months or so when your cyber-spouse shows their real face after the honeymoon is over. But hey, for many thankfully, the honeymoon never ends.

the Nation is published every two weeks by Beesum Communications

EDITORIAL BOARD
W. Nicholls, L. Stewart, N. Diamond, E. Webb

EDITOR IN CHIEF
Will Nicholls

ASSISTANT EDITOR
Steve Bonspiel

IYIYUU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Lyle Stewart

CONTRIBUTING WRITERS
Jeremy Linton, X. Kataquapit, S. Orr

PHOTOGRAPHY
S. Bonspiel, D. Valade, N. Diamond, W. Nicholls

GRAPHIC DESIGN
Rick Little

DIRECTOR OF FINANCES
Linda Ludwick

SALES REPRESENTATIVES
Danielle Valade, Christina Groom

PRODUCTION COORDINATOR
Claire MacKinnon

LAYOUT & PRODUCTION
Rick Little

THANKS TO: Air Creebec

WHERE TO REACH US:
POSTMASTER:
The Nation PRODUCTION OFFICE
4529 CLARK, #403
MONTREAL, QC., H2T 2T3
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
ADS- VAL D'OR-CHIBOUGAMAU REGION
TEL.: 514-743-8659
The Nation HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
www.beesum-communications.com
E-MAIL ADDRESS:
Editorial: nation@beesum-communications.com
news@beesum-communications.com
Ads: ads@beesum-communications.com
groom@beesum-communications.com
Classifieds: beesum@beesum-communications.com

2007 WINNER CCNA BETTER NEWSPAPERS COMPETITION
QCNA
AJRQ
LES HEBDOS SÉLECT DU QUÉBEC INC.

SUBSCRIPTIONS
INDIVIDUALS & INSTITUTIONS:
$45 PLUS TAXES
ABROAD: INDIVIDUALS: $70 U.S.
ABROAD: INSTITUTIONS: $85 U.S.
PAYABLE TO BEESUM COMMUNICATIONS
PRINTED BY IMPRIMERIE LEBONFON

ALL RIGHTS RESERVED

PUBLICATION MAIL #40015005
ISSN #1206-2642
The Nation IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL CONTROLLED PUBLISHERS,
MAGAZINES CANADA
QUEBEC COMMUNITY NEWSPAPER ASSN.
CANADIAN COMMUNITY NEWSPAPERS ASSN.
LES HEBDOS SÉLECT DU QUÉBEC

We acknowledge the financial support of the Government of Canada through the Canada Magazine Fund toward our editorial costs.

Canada

MBJ project would dam Waswanipi River

Grand Council wasn't consulted over $50 million project

by Steve Bonspiel

The Grand Council of the Crees is considering whether to oppose or request changes to a Municipalité de la Baie James plan to build a hydroelectric project on the Waswanipi River. Grand Council Executive Director Bill Namagoose says the MBJ failed to consult Cree leaderships when the regional municipality drew up the proposal.

The MBJ submitted a proposal in early March to Deputy Environment Minister Madeleine Paulin for a dam that will produce 33 megawatts of power annually to be sold to Hydro Quebec.

"The benefits will go to the James Bay community," said Gérald Lemoyne, Chairman of the James Bay Energy Committee and Mayor of Lebel-sur-Quévillon. "It's a project for Jamesiens. The Cree are looking for wind power and we're looking to build small hydro dams. We're looking at it at this time to see if it's possible and if it is we will go ahead."

The dam would be located in the Red Chute portion of the Waswanipi River and would cost roughly $50 million. Lemoyne said that the environmental review phase and construction would take around four years from start to finish.

Lemoyne said it would not affect the flow of the Waswanipi River. "None, not at all," he said. "It will affect the levels a little, but the flow will not be reduced."

The mayor said his town wants to create economic development in the region. "We were also looking for a place that would have no impact on the Cree or the environment," said Lemoyne.

Lemoyne said that another reason to choose the Red Chute portion of the Waswanipi River is because the area where the dam would be built is an impassible rapid. Although he admitted that there are fish in the river, he stressed that an independent environmental study would determine how big, if any, the impacts would be on the fish and their spawning grounds before proceeding.

The problem, says Bill Namagoose, Executive Director of the Grand Council of the Crees, is that the GCC is still waiting to hear from the MBJ. The Grand Council only became aware of the proposal when it was submitted to the Deputy Environment Minister, according to Namagoose.

"The Grand Council has commissioned a legal opinion to be produced," said Namagoose. "And then we'll take a formal position."

Namagoose notes that, under the Paix des Braves agreement, the Quebec government is supposed to promote and sponsor joint partnerships in the territory. "This one isn't," he said. "There was no notice or acknowledgement given to the Crees about this project. It was submitted directly to the environmental review stage without consultation from the Cree Nation or the local community."

"THE CONSULTATION WITH THE CREES SHOULD TAKE PLACE WHEN YOU'RE DESIGNING THE CONCEPT,"

BILL NAMAGOOSE

If Paulin gives the green light to the project, the joint Cree/Quebec examination and environmental review committees, COMEV and COMEX, would then determine if it is a viable project that would help the economy with minimal impact on the wildlife and the Cree way of life.

"The consultation with the Crees should take place when you're designing the concept," said Namagoose. "You don't give the Crees a fait accompli at the environmental review process, which is exactly what they've done. It doesn't create a proper atmosphere to make a joint partnership when your actions are provocative rather than being conducive to a partnership."

Namagoose said that they should have a solid legal opinion from their lawyers at the Council Board meeting at the end of July.

The MBJ has a substantial amount of clout over the territory thanks to Bill 40, passed in 2001. It allows MBJ mayors to economically develop the James Bay area. The bill is currently being questioned by the GCC, who deem it unfair because it does not give Crees the same level of control. The MBJ economic development committee doesn't even have a Cree representative sitting on it.

"We will meet with the Crees before we go any further or there are any works," Lemoyne promised, however. He said Chapter 22 of the James Bay and Northern Quebec Agreement ensures a Cree voice in the project.

"If the Crees say they don't want it and we have permits through COMEX, we won't go ahead," said Lemoyne. "We need the consent of the Cree. They live on the territory, they have traplines there and they are concerned about the project so we'll work with them for sure."

Yet Lemoyne stopped short of giving the GCC or the Crees absolute right of refusal.

"If they just say no, I don't know what we will do. But if they say no that means they have a good reason, so at that time we'll see. And if the Crees say no, I don't think the government will give us the permits."

WANTED

- actors of all ages (no experience necessary)
- assistant to makeup and hair stylist
- drivers
- cook
- set builders
- volunteers
- extras

for a film shoot to take place in Nemaska in August and in October.

Contact:
Neil or Lisa at Rezolution Pictures
thelastexplorer@gmail.com
514-272-3077

PLANETARY GREEN Pages

YOUR FREE DIRECTORY OF SOCIALLY AND ENVIRONMENTALLY FRIENDLY PRODUCTS AND SERVICES

Sign up your business/organisation for free:
www.planetarygreenpages.com

OTTAWA CUTS FUNDING TO CREE MODEL FOREST

Future of innovative forestry approach is in doubt

By Steve Bonspiel

The Cree Model Forest Program in Waswanipi took a huge hit July 7 as the Canadian government announced that they would not renew the 15-year-old program, instead choosing 11 other projects across Canada.

The program, which helped to shape the way forestry companies harvested lumber in Eeyou Istchee by using traditional Cree knowledge for a better understanding of the wildlife in the surrounding woods and a greener future, was abruptly cut off by Ottawa's Canadian Forestry branch, but due to confidentiality reasons, they would not say why.

"I feel a little disappointed. We were hoping we'd be one of the sites chosen to continue," said Rhonda Oblin, General Manager of the CMF.

She partially blames the minority Conservative government and their view of Aboriginals. After trashing the $5.1 billion Kelowna Accord and making a deep cut to minority language programs since their January 2006 election, Oblin wonders if Prime Minister Stephen Harper's government is displaying an anti-Native bias.

When asked if Tory policy towards Aboriginals played a factor in the renewal of the program, she was quick to reply. "I'm sure it did," she said. "To me the fact that they didn't reserve a spot for an Aboriginal-led model forest is a sign of how they view things. Of course most of the ones chosen have an Aboriginal aspect or partnership, but no real Aboriginal land model forest."

The CMF will continue until March 2008, thanks to the $250,000 contribution from Quebec. Programs, jobs and research will all be scaled down, however, while spending on catering meetings and building various structures will be monitored carefully.

When March comes, the province will re-evaluate the program and decide whether to continue its financial support.

"Until March it will be something smaller and a little less active," said Oblin. "It will mean a scaling down of the core staff of the model forest and fewer projects. Our focus is to finish the various projects we have going with (Waswanipi sawmill entities) Nabakatuk and Mishtuk."

Oblin said that the next move is to find out what the other four communities who applied with Waswanipi and the Grand Council, who was a joint partner, want to do.

The difference between the old program and the new proposal that was rejected involved ways to bolster the forestry industry and to introduce Nemaska, Waskaganish, Oujé-Bougoumou and Mistissini to Cree-led forestry practices.

"It really concentrated more on forest-based communities and how we can help the struggling industry, whereas before you heard a lot about sustainable management," she said.

The CMF also contributed to the final version of the 2002 Paix des Braves Agreement.

The biggest breakthrough made by the CMF Program came from the successful melding of traditional Cree knowledge and Western science.

"From a Waswanipi community member perspective, it's very satisfying when the results come out the way you hoped they would," she said. "There are two bases of knowledge quite different from the other yet they are coming out with the same results."

Another advantage was to help government officials and forest industry decision makers understand and appreciate the concerns of trappers.

"In a lot of cases, if the trappers say something without proof, it won't be taken as hard finds," she explained. "They need that backing information in order to be able to change policy. If you

continued on page 31

"Regional statistics clearly illustrate that we are living in a very important era of Cree history."

"National statistics state that the ability for First Nations to develop their own economies and create meaningful employment will definitely be tested."

Cree Regional Economic Development Conference

September 18 – 20, 2007
Albert Mianscum Memorial Sports Complex
Ouje-Bougoumou, Quebec

"One Vision"

Workshops:

1. Internal and External Influences on the Cree Economy
2. Cree Labor Market and Education Statistics
3. Youth and Economic Development
4. Capacity Building & Socio-Economic Development

Guest Speakers: Grand Chief Matthew Mukash, Deputy Grand Chief Ashley Iserhoff, and Mr. Kenneth Gilpin.

Cree Native Arts and Crafts Association will provide arts and entertainment.

Each community will be given the opportunity to communicate their economic development plan and priorities.

For more information contact:
Rodney W. Hester
Business Development Coordinator
Cree Regional Economic Enterprises Company (CREECO) Inc.
203 Opemiska Meskino
OUJE-BOUGOUMOU (QC)
G0W 3C0
Tel.: (418) 745-3931
rodneywhester@boc-creeco.ca

Giiwedaw to the Old Post Waswanipi

Waswanipi's annual cultural visit to the Old Post takes place July 20-29. Diane Cooper has been working from the Cultural Department to organize the visit. The fishing derby takes place that week and will be open to any nearby communities wishing to join in the event. Also during the week there will be Elders holding workshops for wood carving, drum and net making as well as sewing. During the evening, performances will be held for Giiwedaw's Got Talent competition. Congratulations are in order for Christopher Saganash and Clara Ottereyes, who will be getting married at the Old Post site on July 27.

Canoe Expedition Wemindji

Wemindji will organize a Canoe Expedition leaving July 16 for teens aged 14 to 16. It will be a four-night portage trip with guides leading them along the river. There will be fishing and setting of nets with Elders as well as guides leading them to the ideal fishing spots. The Annual Old Factory visit will be taking place July 20-25 (with July 19 as a group travel day). Their fishing derby features prizes from a fish finder to fishing tackle in Walleye, Pike, and Trout categories. There will also be other cultural demonstrations coordinated by Elders and community members.

Regional Canoe Brigade

Waskaganish is holding their Third Annual Regional Canoe Brigade from Nemaska down the river to Waskaganish. "Waskaganish has been holding their local canoe brigade for the longest out of all the communities," noted Waskaganish Youth Chief Stacy Bear. The groups' ages will vary from 13 to 35. The brigade will last up to 12 days, leaving on July 16 and arriving July 27. This year's group has already been put through certified guide training and they will be practicing the traditional ways of canoeing and food preparation during the trip. For the evenings there will be story-telling as well as traditional legends. The two head guides from each community will be Jimmy Gunner, who helped organize the "Journey Through the Heart" in the past, and Allan Georgekish, who has been organizing the local Canoe Brigade for 20 years.

Election reform in Chisasibi

Chisasibi is in the process of overhauling its electoral process after community members voiced their concern over a lack of real choice when voting in the community.

The new system would enable voters to cast their ballots separately for Chief, Deputy Chief and Councillors. In other words, a candidate wouldn't automatically win the position of Deputy Chief just because he or she garnered more votes than the other candidates. Instead, candidates would have to specifically run for that position against other contestants. Councillors would be elected on a separate ballot choice.

"That's what the people requested," said Chief Abraham Rupert.

The elections will be announced once the Returning Officer holds a referendum on the issue. Any amendments would take some time, so it's expected that the election would be held in the fall at the earliest.

Chief Rupert would not say if he will be running again or not. He has been in office for nine years, six as Chief and three years as Deputy Chief. The current term for elected band council officials is three years.

"The people would have an absolute say as to who sits on the council and as Chief and Deputy Chief," he said. "They would decide."

Inuit launch health research conference

The University of Ottawa is set to host the first Inuit summer institute on health research methods and planning August 13-31.

With the conference, an Inuit graduate program on health research will be launched. Eventually, it is hoped that a Masters and Doctoral program would be added as well.

The summer institute will help enhance Inuit knowledge in health planning and research and development.

Inuit Tapiriit Kanatami and other Inuit organizations teamed up with the Ottawa Aboriginal Capacity and Development Research Environment to bring research trainers from across the country.

The three-week introduction to scientific research methods will study health issues that are relevant to Inuit lives and communities.

Other programs include Inuit health/life transitions, environmental changes and contemporary Inuit health issues.

For more information visit www.ciet.org.

Letters

Re: A Cree Enron? March 4, 2005 by Will Nicholls

I'm curious, has there been an independent Auditor General created? The one that Will talks about in the article: "so we can all understand what, where and how Cree money is being used and how much we really have left"?

Marilyn Coon Come

Correction

The Nation would like to correct the names of the following people who were mentioned in the article "Adult high school grads," appearing on page 23 in Vol. 14-16. The participants in the Ashuugan Program are: Student Counselor: Mireille Fortier and Students: Nellie Brien, Diane Edwards, Darryl Miniquaken, Darlene Neeposh, Julianna Neeposh, Marilyn Petawabano, Iris Voyageur, Leonda Voyageur.

feature

> "IF ONE OF THEM IS OUT OF KILTER OR TOO FOCUSED ON, THEN THE OTHERS ARE SUFFERING FOR IT. IT'S ABOUT TRYING TO KEEP A BALANCE."

THE BALANCE OF POWER

Aboriginal women from across the Americas meet in Kahnawake

By Steve Bonspiel

The Fifth Continental Meeting of Indigenous Women of the Americas got off to a wet and rainy start, but it did not dampen the spirits of the 250 women who came to Kahnawake Mohawk Territory from all over the Americas July 9-11 to have their voices heard and to share their experiences dealing with racism, sexism and corruption.

Suzy Goodleaf, a two-spirited Kahnawake Mohawk Psychologist, talked about the importance of balance.

"My message is for women to be able to take care of themselves so they can take care of the things they need to in the world," Goodleaf told *the Nation*. "To make themselves important enough to want to take care of themselves and other people."

She has been a practicing family and marital therapist for well over 15 years and the conference allowed her to admit her own troubles at one point in her career.

"In 1993 I had to take six months off because I was pushing myself too much and I didn't know my own limits," she said.

"I wasn't able to manage stress within the community and within the family well, so I kept pushing myself to be able to keep going. It's like a rubber band; it can only be stretched so far before it breaks. We have to know ourselves enough to realize how much we're stretching and to know what pulls us and how we can ease that tension. It's okay to say no."

Goodleaf, who occasionally works in Eeyou Istchee, was one of numerous powerful women who took the podium with messages that reinforce the strength and importance of the role women play in Aboriginal society.

At one point, Goodleaf conducted an exercise in which everyone looked at how to balance the four components that comprise an individual. These include: mental health, what you think of and how you take care of that part of yourself; spiritual, nurturing the spiritual side and the connection to the Creator; emotional, how well you take those feelings you have inside yourself and how you express them and have people around you that can support you as you express your feelings; and physical, to take care of your body so all the rest can happen.

"If one of them is out of kilter or too focused on, then the others are suffering for it. It's about trying to keep a balance," she said.

The Nation spoke with organizer Ellen Gabriel, President of the Quebec Native Women and the face of the 1990 Oka Crisis.

When asked about women's rights and how far they have come since the 1990 Crisis, Gabriel was firm.

"Ask me in another 40 years," she said. "I don't think we have seen a significant enough change. Some of our people have been colonized, that's why they verbally or physically abuse women. We have to return to our traditional ways. I'm not saying Longhouses and Tepees, but we have to get back to the way we used to respect each other and to respect the important role women have in our society."

Gabriel is proud of her role as spokesperson for the Kanehsatake Mohawks during that tumultuous time 17 years ago. But she's sad about the infighting and division the community is going through now.

"The crisis did a lot for Aboriginal peoples across the country, but it didn't have the same effect in Kanehsatake," Gabriel said, referring to the burning of the Chief's house a few years ago and the current splintered band council. "If anything it divided us further, there's more discrimination and corruption than ever before."

Anik Sioui

> "SOME OF OUR PEOPLE HAVE BEEN COLONIZED, THAT'S WHY THEY VERBALLY OR PHYSICALLY ABUSE WOMEN. WE HAVE TO RETURN TO OUR TRADITIONAL WAYS."

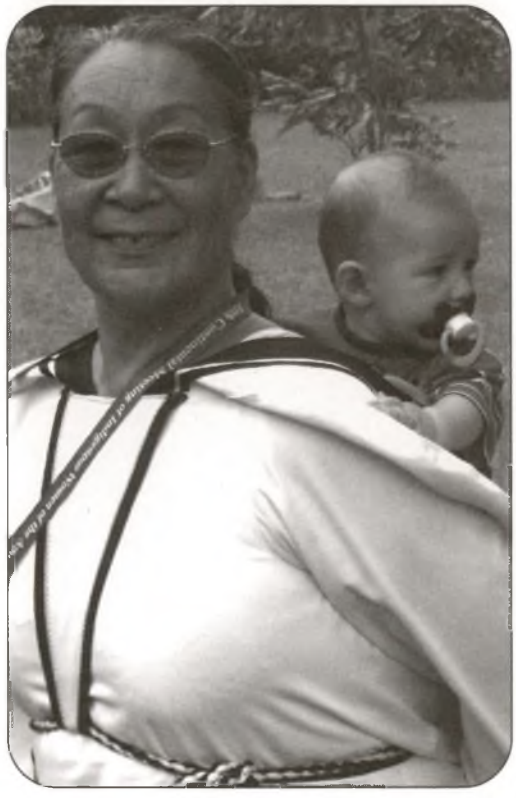
Beverly Jacobs, President of the Native Women's Association of Canada reiterated the affect colonization has had on Aboriginal peoples all over the world. She made a presentation that focused on human rights and violence against women.

"Colonization has had a huge impact on us as women," she said. "In order to restore that we need to deal with that and move on by going back to what our culture and traditions tell us because that's where the strength comes from."

Jacobs has been fighting for Aboriginal women's rights since 1991 and has been president of NWAC for the last three.

"A violent structure has been enforced on us as a people," said Jacobs. "We have to acknowledge that. Just like every violent relationship, you have to heal and grieve and go through that whole process. Even though it's happened we're still here and we're still strong. We have to continue to build on those values and beliefs we have – in today's society."

Jacobs calls the Indian Act that governs non-treaty Native nations "legalized genocide."



Rhoda Inukshuk

A LIMITED TIME OFFER
WINCH YOU SHOULDN'T MISS

WHEN YOU PURCHASE ANY 2006 4-WHEEL DRIVE ATV, YOU'LL GET A FREE INSTALLED WINCH*

Take advantage of this great offer now, as quantities are limited. Isn't it time you experienced the solid reliability and rugged performance of a Honda ATV? With a winch, there's no better time than now.
*See your Honda dealer for full program details

HONDA
BEST ON EARTH*
honda.ca

MOTO SPORT LA SARRE INC
Toll Free 1-866-333-7227

HONDA
Outboards
Our family fits your family
Eco-friendly fun on the water for every lifestyle!

Honda 4-stroke Outboards
- Dependable, clean, quiet, fuel efficient outboards from 2 to 225 horsepower
- Advanced technologies developed by Honda – the world's largest engine manufacturer – are utilized across the entire outboard line
- All Honda outboards carry the CARB 3-star rating for ultra-low emissions

HONDA MARINE
MOTO SPORT LA SARRE INC
www.honda.ca
Toll Free 1-866-333-7227

Gareau AUTO INC.

Jean-Claude Moreau
Your Northern Sales Representative!

1100, 3e Avenue Est
Val-d'Or (Québec) J9P 4P8
Bur.: (819) 825-6880
Fax: (819) 825-8980
1-877-625-6880

GM Canada
CHEVROLET
GM Canada Optimum VÉHICULES D'OCCASION

Proud to serve the Cree Nation!

Mohawk olympian Waneek Horn-Miller

Entertainment from afar

Cuso's Hugo Montecinos

Visitors from South America with McCord's Delores Contré Migwans

"Our own governance systems existed since forever," she said. "The whole Indian Act system and its structures are based on patriarchal, Euro-centric values. Values that contradict our own."

> "THE WHOLE INDIAN ACT SYSTEM AND ITS STRUCTURES ARE BASED ON PATRIARCHAL, EURO-CENTRIC VALUES. VALUES THAT CONTRADICT OUR OWN."

She said women were the decision makers in traditional systems and were the ones to instinctively know what's best for the community.

"Residential school had a huge detrimental impact towards women especially. Our roles as teachers, as mothers and as caregivers were stripped away for five or six generations."

Jacobs said that although progress has been slow, the force that Aboriginal women represent is winning the good fight.

"The mothers in our communities are the backbone," said Jacobs. "When you're not taught different things by your mother, how do you teach your children those things? Those things were stripped away and they are being brought back in the last generation or so."

There was a glow on the face of the women in attendance whenever someone with a message like Jacobs' spoke. When asked at one point for those who have made a difference in their communities as leaders to stand up, most of the women did.

The message women had, whether they came from Alberta or the U.S. or Guatemala was similar; women of the world have a lot in common and the best way to support each other is to share. Inspiring stories, difficult experiences and traditional knowledge is what Indigenous peoples and their societies were built on.

Also in attendance was Cree Health Board Chairperson Diane Reid. The conference was "a way of reinforcing your own sense of who you are as a woman when you come to a gathering like this," Reid said. "Good things happen when you work hard for your people and you believe in what you do."

Her worry, she says, is that there aren't enough women at the regional level in the Eeyou Istchee. She is hoping that will change.

"In the last 20 years, there have been three of us who have been leaders at that level. That's too small of a number. Maybe we have not done enough to encourage other women to get in there and follow our path. But I have seen their commitment at the local level and that's where the strength is."

With empowerment comes education. Reid cited a study published a decade ago by the Cree School Board that said in 20 years, women obtaining management degrees will outnumber the men in Eeyou Istchee.

"We can do the job too," said Reid. "And we're ready to take over. It has been a long time coming, that's for sure."

THE CREE NATION OF NEMASKA PRESENTS THE 12TH EDITION OF THE

CREE NATION FITNESS CHALLENGE

JULY 27-29, 2007

REGISTRATION DEADLINE: MONDAY, JULY 23, 5PM

ALL ATHLETES MUST SUBMIT MEDICAL RELEASE FORM TO COMPETE IN THE EVENT

Competitive — FEE $500.00

EVENTS	MEN	WOMEN
Swimming	1 km	1 km
Cycling	20 km	15 km
Portage	1 km	.5 km
Canoeing	2 km	.5 km
Running	10 km	7.5 km
TOTAL	34 km	24.5 km

Recreational — FEE $250.00

EVENTS	MEN	WOMEN
Swimming	.5 km	.5 km
Cycling	10 km	7.5 km
Portage	1 km	.5 km
Canoeing	1 km	.5 km
Running	7.5 km	7.5 km
TOTAL	20 km	16.5 km

Mini-Challenge — FEE $200.00

EVENTS	BOYS	GIRLS
Swimming	.5 km	.5 km
Cycling	5 km	5 km
Portage	.5 km	.5 km
Canoeing	.5 km	.5 km
Running	7.5 km	5 km
TOTAL	14 km	11.5 km

Team Relay — FEE $500.00

EVENTS	MEN	WOMEN
Swimming	2 km	1 km
Cycling	30 km	15 km
Portage	2.5 km	1 km
Canoeing	6 km	2 km
Running	20 km	10 km
TOTAL	60.5 km	29 km

Cash Prizes

CATEGORIES	1st	2nd	3rd	4th	5th
Competitive	$ 2,500	$ 1,500	$ 750	$ 500	$ 250
Recreational	$ 1,500	$ 1,000	$ 500	$ 250	$ 125
Team Relay	$ 2,000	$ 1,500	$ 750	$ 500	$ 250
Mini-Challenge	$ 1,000	$ 750	$ 500	$ 200	$ 100

Bonus stages: Competitive - Recreational - Relay $100 / Mini-Chalenge $50

FOR MORE INFORMATION
contact the Nemaska Recreation Department
at (819) 673-2244 or contact your local recreation department

The Wedding Planner

Getting ready for the big day can be a Hollywood production or a small indie effort – it's all up to you

By Amy German

Vintage photos courtesy:
Ruth A. Cox (Ingle),
www.shinwauk.auc.ca

photo by Sonny Orr

Minnie Masty and Alain Girard
were recently married on June 29 in Whapmagoostui

Congratulations!

As the summer months are the height of wedding season, those with upcoming nuptials may still be scrambling to finalize details. Even if you are planning on getting married in the next few years, you are probably already gathering ideas and suggestions. Whether you like what you've seen at your friend's weddings or you are looking to do something original or simply very personal, as the devil lies in the details, it's best to get them straightened out as soon as possible.

The Dress

The very first thing that any couple needs to agree on is how formal they want the wedding to be. A big formal wedding would require the bride and groom to be decked out to the nines with him in a tux and her in a gown. A beach wedding or an outdoor wedding may be more casual or relaxed.

Wedding dresses are the quintessential centrepiece of any wedding and choosing one that fits with both the theme of your wedding and where you will be throwing the wedding is just as important as choosing the right dress for your body type and comfort. For example, wearing a ball gown with a full cathedral train to a reception that is being held in a small, intimate restaurant with closely set tables is not the most ideal situation as you may just end up with everyone's dinner on your lap.

Once you've decided where you will be holding the wedding and have a concept as to what type of wedding you want, the next step is getting informed. Do you want a Cinderella type ball gown or a sheath? Would you like something traditional to your culture or something entirely non-traditional in a vibrant colour? It's okay to be different if you want something different. It's your day and in this day and age, not every bride wants to wear white and should not be limited to it. If your fave colour is pink or red and that is what you have your heart set on, go for it!

Doing online research or flipping through magazines are worthwhile investments of your time and dollars, as knowing the lingo and having a basic idea of what you may want can shave hours from your shopping. Shopping for a wedding dress should be like making any other major purchase in life. It requires effort, deliberation and second and even third opinions.

DISTRIBUTION CENTER

NORD SELECT
MATAGAMI
Division de C. Caron inc.

PROPAC
Mordus de chasse et de pêche

HUNTING • FISHING
CAMPING • CLOTHING
CANVAS

FINANCING AVAILABLE
C.O.D. ACCEPTED

DISTRIBUTOR: NOR-WEST CANOE

THE #1 STORE FOR ALL YOUR NEEDS
DELIVERY TO JAMES BAY

4, Nottaway street, Matagami
nancy@nord-select.qc.ca
Tel.: (819) 739-3883
Fax: (819) 739-3885

WELCOME WACHIYA

Remington
Challenger
tasco
Benelli.
BROWNING
WINCHESTER
Husqvarna
Stoeger
Bushnell

RONA
C. CARON INC.

DELIVERY TO JAMES BAY
FINANCING AVAILABLE
WHOLESALERS

CABIN SPECIALIST

TRUSSES
REBAR
TREATED
WOOD

INTERIOR
SERVICES OF
DECORATION
DOORS
WINDOWS
HARDWARE

DIST: LAFARGE CEMENT

THE #1 STORE IN JAMES BAY
FOR 30 YEARS

CARPET
CERAMIC

MATAGAMI
9, Nottaway street
Tel.: (819) 739-2578
Fax: (819) 739-3619

LINOLEUM
FLOATING
FLOORS

Ford
SOMA

Marc Cossette
Sales Rep.

Ford
SOMA
AMOS

Émilie Roy
Finance Director

Ford
SOMA

Ford Dealer in Amos
42, 10e Avenue Ouest
Amos Qc, J9T 1W8
Tel : (866) 468-3205

2nd CHANCE CREDIT

Come and visit us
at Soma Auto

Tel : (819) 732-3205 Fax :(819) 732-8111

If you are completely set on a specific dress by a particular designer, it's best to call around the bridal shops to find out if they carry that specific line or the types of gowns you are looking for. Use caution when booking appointments in bridal boutiques as it is necessary to book as opposed to just walking in off the streets so that the staff can sufficiently aid you in your selection.

Neither should you be rushed as this can be an exhausting experience. Make sure that you have at least two hours to spend in each shop and try to keep an open mind. Often dresses will look fantastic in magazines on models but it does not necessarily mean that it's going to look great on you. If the first round of gowns really don't work, be open to the suggestions of the staff as they generally tend to know what they are talking about and may actually have a great idea as to what may suit both your figure and budget.

Wedding of Bella House and Tommy Washapabano, c. 1930s

Lastly, wedding dress shopping needs to be done a minimum of six months in advance so that the dress can be tailored to fit. If you can get away with it, start your shopping a year in advance and if you have the opportunity to go to a major bridal show such as the bi-annual "Lets Get Married" show at Place Bonaventure in Montreal, do it (http://www.marionsnous.ca). The next exhibition is January 5-6, 2008. Bridal expositions will often carry spectacular and expensive gowns at significant discounts and though the selection and sizes can be pretty random, sometimes it can be worth it.

The bridal shop closest to the Cree communities is Boutique Élégance Val D'Or (819 825-6141), while a vast array of shops and styles can be found in Montreal. The web address above will get you started.

Rings

A ring, a ring, a marvellous thing... unless she tells you she does not like it and wants to go with something else. When it comes to buying engagement rings and wedding bands, what used to be standard is now completely out the window as metals like platinum and titanium are gaining in popularity and though diamonds are forever, sometimes a gal may be hooked on aquamarine.

If you are looking to buy traditional diamond for your lady, the four C's come into play: cut, colour, clarity and carat.

The very first step is to find out what kind of a shape she likes and there are various standard cuts from princess to cushion to round to pear and so on. For a detailed glossary of diamond and ring terms, consult the Tiffany Company website, though their products may not all be available in Canada, they offer a wealth of information about diamonds, rings and cuts: http://www.tiffany.com/.

The cut refers to number, placement, and shape as they have everything to do with the stone's brilliance.

Though the most common colour for a diamond is clear, the stones can come in a variety of hues from blue to pink to orange and so on with canary diamonds coming out on top as some of the most expensive.

Clarity refers to how clear or pure the stone is when looked at from up close. The fewer imperfections there are, the more expensive the stone will be.

The carat is a measurement of weight, standardized at 200 milligrams. It also provides a measurement system for the points on the diamond; a carat is equal to 100 points. Birks has a number of spectacular engagement rings on their website in various shapes, sizes and in different price ranges. Though not everyone wants to pay for the name, it's a great place to start your shopping and get a few ideas. http://www.birks.com

Jewellers are not the only places where you can get wedding and engagement rings. Most department stores carry jewelry and in recent years discount retailers like Costco and Walmart have also started to carry high quality, wedding appropriate rings. http://www.costco.com

If, on the other hand, your lady is more inclined towards nostalgia, vintage rings are all the rage. Antique shops and websites and online auctions (Ebay?) are great places to shop around for something unique and special and it's also frequently more cost effective.

Four brides with their grooms outside of HBC, c.1930s

Like wedding dresses, wedding and engagement rings are major financial and emotional investments as you may be wearing them for the rest of your life. So do your research and look at as many as you can until you find the right thing.

The wedding itself

Whether you are getting married in a church or have opted for a secular ceremony, decor is a big part of every wedding as it sets the tone and is generally a reflection upon the couple to be.

CREE NATION OF
WEMINDJI

presents

Eeyouch Music Festival

Thursday August 2nd
to Sunday August 5th, 2007

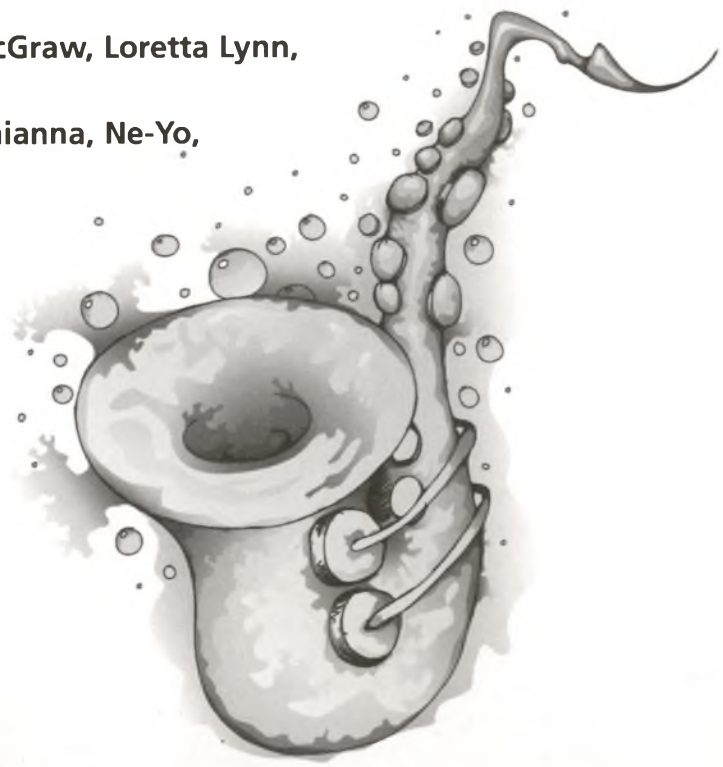
Featuring Tribute Bands

- Blushing Brides
- Johnny Cash / Elvis Presley
- Country Legends: Faith Hill, Tim McGraw, Loretta Lynn, Hank Williams, Garth Brooks
- Pop Divas: Usher, Gwen Stefani, Rhianna, Ne-Yo, Akon, Justin Timberlake

Regional & Local Talent

- Rock, Country, Hip-Hop
- Cree Comedians

& the Great Baldini (illusionist/magician)



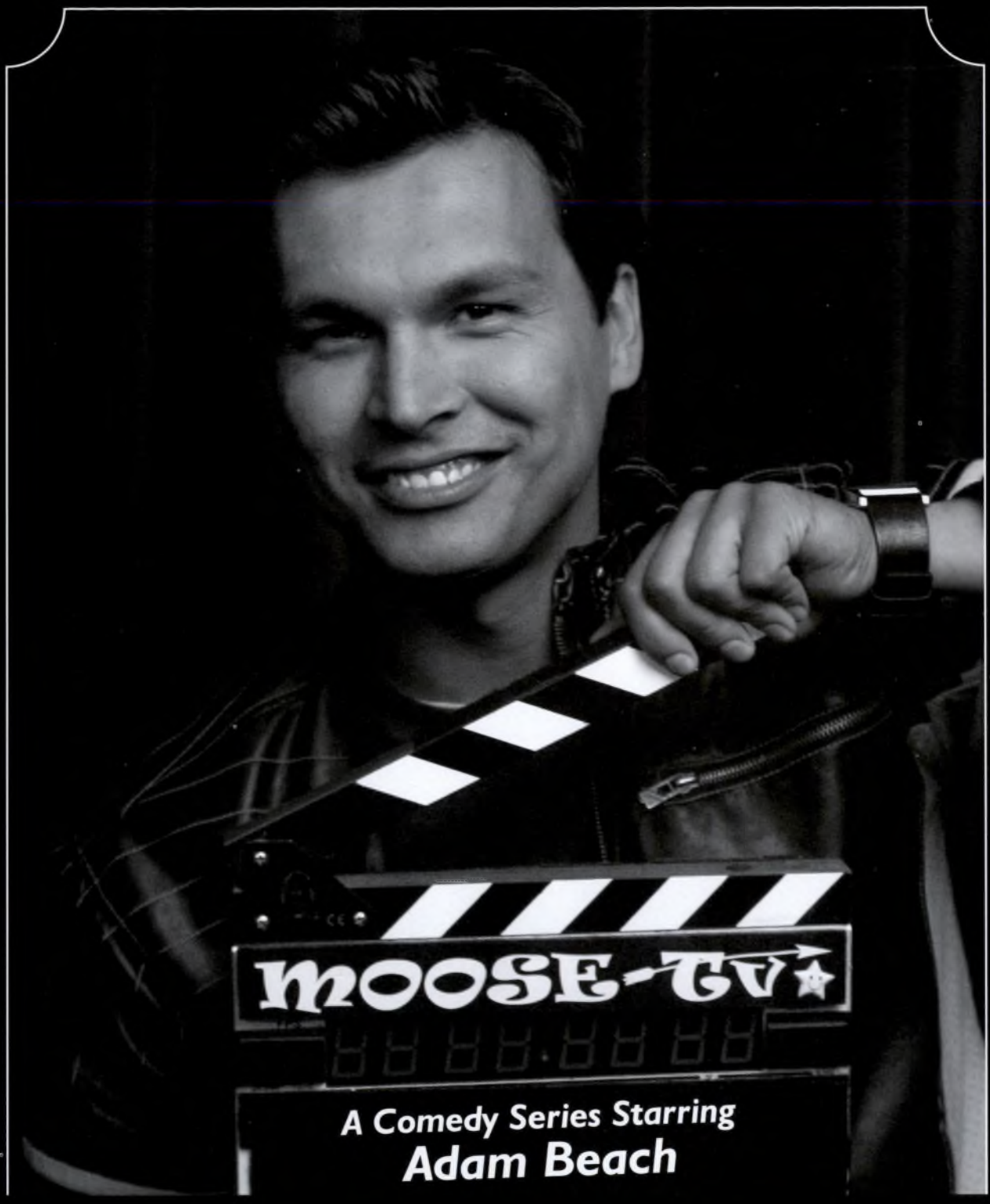
Saturday August 4th is "Kid's Day!"

- Go-karts
- Air-bounce games
- Karaoke & dance contests
- Face painting
- Kid's Korner

Sunday Afternoon scheduled for gospel performances

Any persons interested in performing and/or attending the MusicFest contact:
Bradley A.J. Georgekish at 819-978-0264 ext 239 or at 819-978-7562
E-mail: ridetherhino@hotmail.com

JOIN US AGAIN IN 2009 FOR OUR 50TH ANNIVERSARY CELEBRATION!!



On Showcase Thursdays at 9:30pm

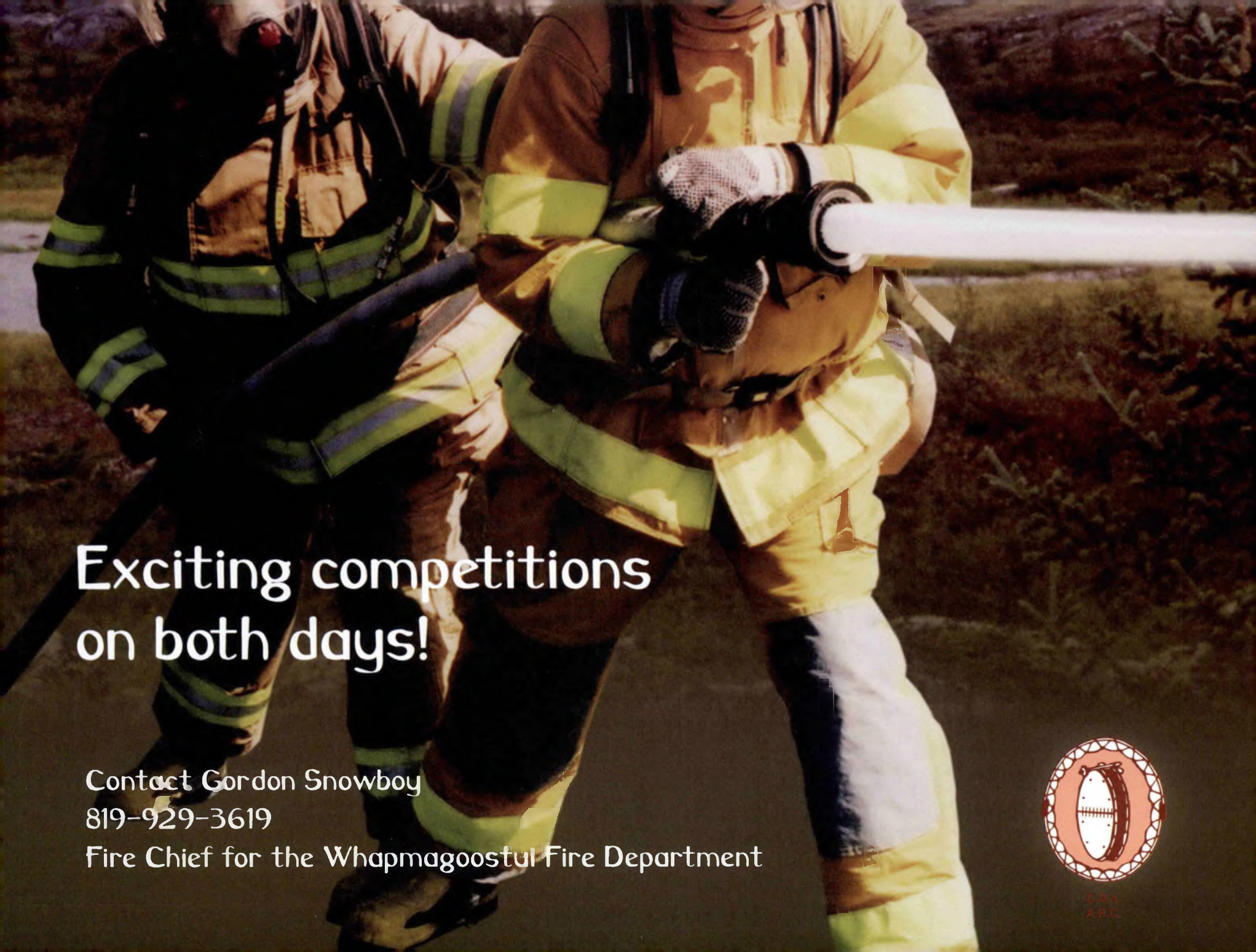
Check out our website at www.moosetv.ca

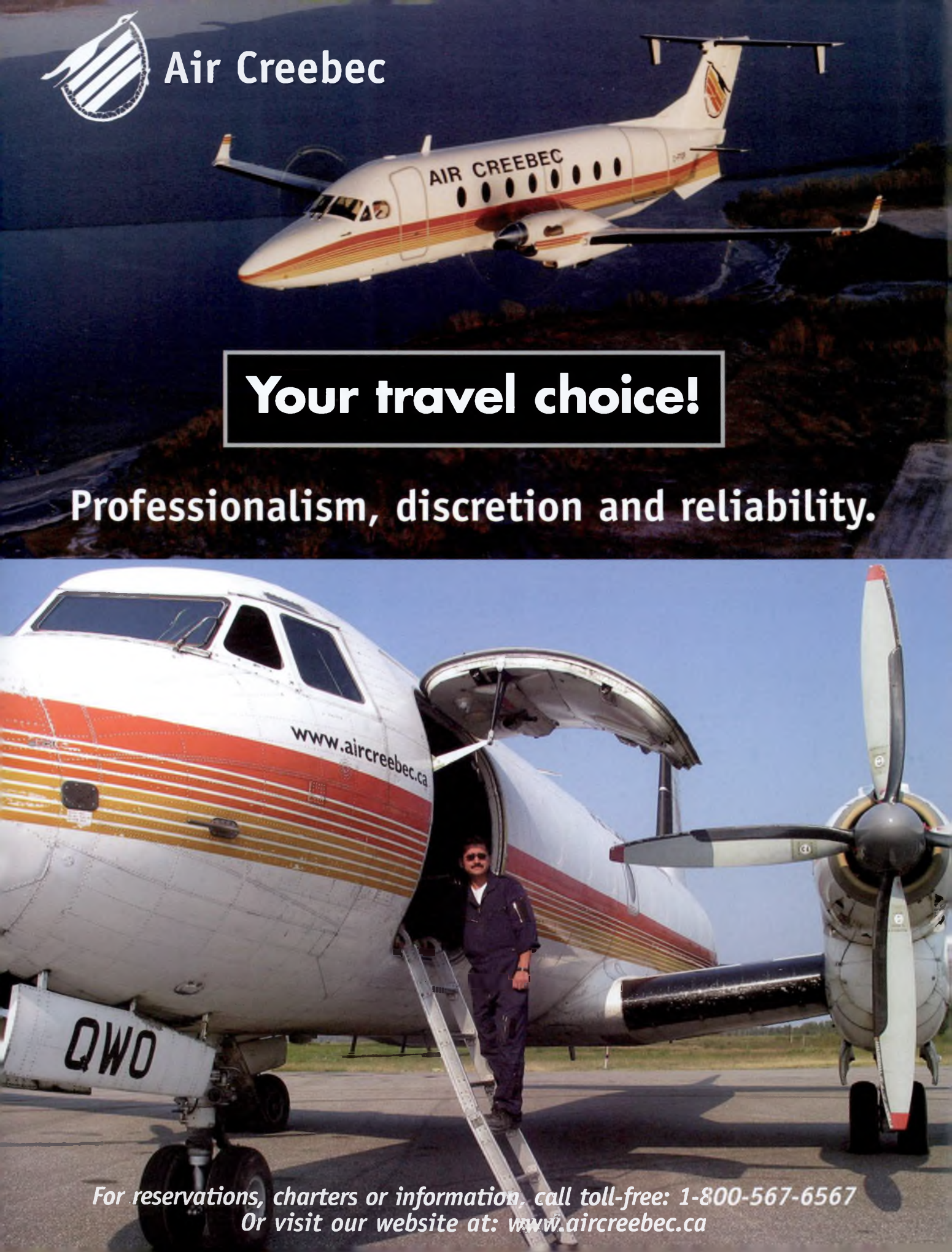
Rezolution Pictures
440 Villeneuve West, Montreal, Québec, Canada H2V 2R5
Christina Fon • Tel: 514-272-8241 • Fax: 514-273-7476 • christina.fon@sympatico.ca

WHAPMAGOOSTUI FIRST NATION

CREE NATION FIREFIGHTER CHALLENGE

August 10 & 11, 2007


Exciting competitions
on both days!
Contact Gordon Snowboy
819-929-3619
Fire Chief for the Whapmagoostui Fire Department


Air Creebec
AIR CREEBEC
Your travel choice!
Professionalism, discretion and reliability.
www.aircreebec.ca
QWO
For reservations, charters or information, call toll-free: 1-800-567-6567
Or visit our website at: www.aircreebec.ca

Wedding procession, c.1930s

When it comes to selecting colours for the big day, take into consideration where your wedding is being held and whether the colours you want will go well with the room. As it's always easier and less expensive to get flowers that are in season, selecting colours that go with the season is always an easy way to narrow down your colour choices for the celebration. Spring is synonymous with paler shades and pastels, summer with boldness and vibrancy, fall with those deep and delicious autumnal harvest hues and winter with darker reds, indigo-blues and metallic materials.

Flowers

Except for severely allergic couples, just about every wedding has some flowers, but they are also one of the most costly aspects of throwing a wedding. In this day and age, however, flowers are not the only things that can brighten up a room and give it an air of romance. In lieu of flowers, decorative thin branches, pussy willows, brightly coloured feathers, seasonal fruits and many other non-floral embellishments can all work as part of the centrepieces and be incorporated into the reception room's decor.

Ways to save money on decor:

• If you can, use the same flowers for the wedding ceremony and reception.

• Purchase the flowers yourself and request the aid of friends and family to assemble the bouquets either the night before or in the morning before the wedding.

• Instead of using flowers to decorate a wedding arch or ordering a professional one, purchase a garden arch at the local hardware store and decorate it with white Christmas lights and transparent fabric in your wedding colours.

• Instead of large, elaborate centrepieces, opt for a few flowers floating in bowls or glass cylinders filled half way with water.

• If there is no florist in your community, get creative with silk flowers.

• Tall pillar candles are also a great alternative to flowers and can be placed in a coloured vase to match the wedding colours or a display of several smaller votive candles. If you can find them, floating candles always have an air of romance and look lovely in decorative vases. If you place a small hobby mirror underneath your candles, it will effectively reflect the light and create atmosphere.

• If you have a collection of glass jars, vases and clear jugs, use them for your floral centrepieces in lieu of those from the florist or purchase your own vases from the dollar store.

• Supplement your centrepieces with things like pinecones, mixed wild berries and other non-floral embellishments that are available locally.

• Instead of having a calligrapher create individual place cards for the seating arrangement, have a poster on an easel at the reception entrance with lists of who goes where. You can easily print out the seating arrangement on a computer and then glue the regular sized sheets of paper onto a poster size piece of cardboard and either number the tables or name them.

Other money savers:

• If you are planning to serve alcohol at your wedding, limit it to wine and beer.

• Or, have a signature drink created for your event like sparkling wine cocktail, a favourite punch, or a frothy blended drink and serve only that at the cocktail hour between the ceremony and the reception meal.

• Have a morning, noontime or early afternoon wedding as your location rental will be cheaper, the meal will be lighter and people will tend to drink less alcohol.

• Consider a buffet instead of full table service as this can be exponentially cheaper; less staff = less people to pay.

• Go for a simpler cake and a more elaborate cake topper. Sometimes wedding cakes can cost hundreds if not thousands of dollars, depending on how large and elaborate you want to go. Cake toppers, on the other hand can be ordered online from various different sources, purchased in party favour stores or at select bakeries that carry them. Consider an antique or have a look at some of the suggestions on this website where you can shop online, http://can.weddingstar.ca

Prepare your own wedding favours:

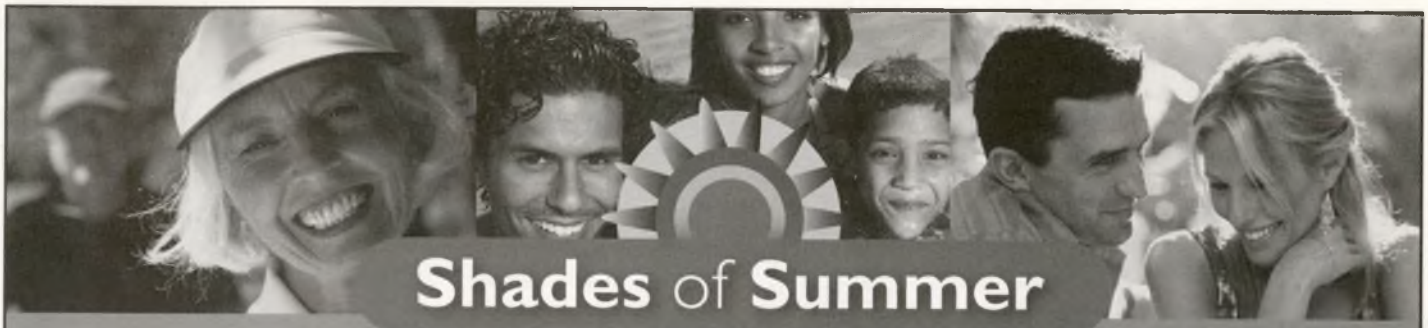
• As tulle and ribbons can be purchased cheap in bulk, buy your own sugared almonds and wrap them yourselves. If you don't like those sugared almonds, go with something else like M&Ms in your wedding colours, Hershey's Kisses or hugs.

• Home made cookies in small boxes purchased from a dollar store and tied up with ribbon are a delightful way to show your guests that you appreciate them.

• If you want to stay away from giving out candy as a favour, consider decorative soaps, or candles, wrapped in either co-ordinated tissue paper or tulle with a bow or for an environmental twist, give out plant seeds if it's a spring wedding.

• Make a soundtrack for your wedding and make copies for the guests as a way of saying thanks for coming. As any bride and groom will have specific tunes that they will want to hear during the wedding, why not put them all on one CD for when your DJ or band wants to take a break and make copies for everyone. If you burn discs for your guests and create your own liner notes, you will be able to create something fun, personalised and memorable.

• Buy colourful candies that match your wedding colours in bulk and put them in inexpensive glass jars. If you print out your



Shades of Summer

Book one night at value priced rates,
including full breakfast for 2 and parking
& extend your stay for a second night @ 50% off!
For reservations or additional information, call the hotel directly,
contact your travel agent or visit www.gotucovered.ca/deals

Second night @ 50% off these rates

		Rates From:		Local Attractions	
Barrie	Holiday Inn Hotel & Conference Center	$149.00	705-728-6191	Georgina Downs & SLOTS	Tangle Creek & Heritage Hills Golf Courses
Burlington	Hilton Garden Inn*	$149.00	905-631-7000	Bronte Creek Provincial Park	Confederation Park / Wild Waterworld
	Holiday Inn Hotel & Conference Center	$149.00	905-639-4443	Spencer Smith Park	Niagara Escarpment
	Homewood Suites	$159.00	905-631-8300	African Lion Safari	Royal Botanical Gardens
Calgary	Holiday Inn Macleod Trail	$179.00	403-287-2700	Calgary Stampede Park	Heritage Park
Guelph	Holiday Inn	$165.00	519-836-0231	African Lion Safari	St. Jacobs Market and Village
Halifax	Holiday Inn Halifax Harbourview		$164.00	902-463-1100 Historic Fortress	Citadel Hill Peggy's Cove
	Holiday Inn Select Halifax Centre	$169.00	902-423-1161	Pier 21 National Historic Site	Citadel Hill Historic Fortress
Kingston	Holiday Inn Waterfront**	$195.00	613-549-8400	Old Fort Henry	1000 Islands Cruise Lines
Kitchener	Radisson Hotel Kitchener Waterloo	$139.00	519-894-9500	St. Jacobs Market and Village	Bingemans Water Park
Laval	Radisson Hotel	$145.00	450-682-9000	Cosmodome	Pointe Calumet Water Slides
London	Delta Armouries Hotel	$155.00	519-679-6111	John Labatt Centre	East Park Golf Gardens
	Radisson Hotel & Suites	$149.00	519-668-7900	East Park Golf Gardens	Story Book Gardens
Markham	Holiday Inn Hotel & Suites	$139.00	905-474-0444	Toronto Zoo	Canada's Wonderland
Mississauga	Holiday Inn Toronto West	$119.00	905-890-5700	Canada's Wonderland	FIFA Under 20 World Cup 2007
Montreal	Holiday Inn Select Centre-ville**		$179.00	514-878-9888	Old Montreal Montreal Casino
Oakville	Holiday Inn Select Hotel & Suites @ Bronte	$139.00	905-847-1000	Glen Abbey Golf & Country Club	Happy 150th Birthday Oakville! Summer Long Celebrations
Oshawa	Holiday Inn	$149.00	905-576-5101	Bowmanville Zoo	Bowmanville Cedar Water Park
Ottawa	Les Suites Hotel***	$199.00	613-232-2000	Renoir Landscapes Exhibit, National Art Gallery	Masters of the Plains Exhibit, Museum of Civilization
Ottawa Kanata	Holiday Inn Select Hotel & Suites		$159.00	613-271-3057	Saunders Farm Trans Canada Bike Trail
Sault Ste. Marie	Holiday Inn Waterfront	$159.00	705-949-0611	Agawa Canyon Tour Train	Lock Tours Canada
Toronto	Holiday Inn Airport East	$149.00	416-240-7511	Canada's Wonderland	Wild Water Kingdom
	Radisson Suite Hotel Airport	$149.00	416-242-7400	Canada's Wonderland	Slots at Woodbine Racetrack
Whistler	Hilton Resort & Spa*	$209.00	604-932-1982	Whistler/Blackcomb Bike Park	Whistler Golf Course (by Arnold Palmer)
Winnipeg	Hilton Suites Airport*	$129.00	204-783-1700	Goldeye's AAA Baseball	Festival Season (from June to September)

* $20.00 Food credit in place of breakfast, applicable to any meal period

Make the most of summer with the Shades of Summer promotion. With more than 25 hotels to choose from... **We've Got You Covered!** Check out favourite attractions included with each hotel listing. Every property offers a world of possibilities...right outside your door!

This offer is time limited. Not applicable to groups and tournaments and not available with any other discounts or offers. Applicable from May 18th - September 16th, 2007 and subject to availability. Blackout dates may apply. Rates shown may fluctuate, based on availability. Hilton properties are offering a $20.00 Food & Beverage credit per occupied room per night (in lieu of breakfast option) which may be used during any meal period. Breakfast option is defined by full hot breakfast for 2 persons or continental breakfast for 2 persons (where indicated***). Reservations must be made directly with the property, through hotel brand.com sites or through your local Travel Agent. Hotels listed in the advertisement are managed by Westmont Hospitality Group. The information contained herein is provided "as is" based on information from individual hotels and is made without warranties of any kind, either expressed or implied. The accuracy, currency or completeness of the information, including, without limitation, any information relating to prices or availability, rests solely with the individual hotels. All rights reserved. Copyrights © 2007 Westmont Hospitality Group.

With more than 150 hotels from the most respected brand names, Westmont is Canada's largest fully integrated hospitality company.

Westmont Hospitality Group
5090 Explorer Drive, 7th floor, Mississauga, Ontario L4W 4T9
Tel: 905-629-3400 Fax: 905-624-7805

own "thank you," labels on your own computer or get a friend to help, you can give away something personalised and memorable.

Guest etiquette, Maids of Honour and Best Men

Weddings do not have the same social rules as other functions. They are elaborate, expensive celebrations that are intended to highlight the union of not just two people but two families. If you are invited to a wedding, be sure to show up on time or early. If it is a large-scale wedding with over 100 guests, it will take some time to get everyone seated. Should you show up late for the ceremony, slip in as quietly as possible in the closest seat available so to not draw attention to yourself while the important stuff is going on.

If you are invited to a wedding ceremony and reception, whatever you do, don't skip the ceremony and just show up later for the freebies. Unless you have informed the bride and groom that there is some special circumstance that is preventing you from attending the ceremony (the birth of your own child, a death or a court date, for instance) you should show up if you said you would be there for their special day. If you have to cancel at the last minute, call the bride and groom as soon as possible but don't simply blow it off, which is extremely rude.

When you enter the wedding reception, go through the receiving line and greet the newlywed couple and their parents. Sometimes at larger weddings this is the only time that you may get to personally speak to the bride, groom and their parents.

When it comes to attire, have a look at the time of day that the function is happening and where it is happening to take your cues in terms of apparel. If it is an early function held at a church and then a local hall in the summer months, consider what you would normally wear to church. For men this would mean a light coloured suit and for the ladies a dress conservative enough to wear to church. By the same token, ladies, if you are going to an evening wedding it's fine to wear black in this day and age but white is out of the question as it's never a good idea to upstage the bride.

Duties

If you have the honour of being someone's best man or maid of honour, you had better be ready to step up to the plate as both roles effectively make you executive assistants in this endeavour.

Maids of honour:

This job is about helping the bride from A to Z and then some as you are not only responsible for helping her select her wedding dress, helping out with the invites and the like, you are also there to provide emotional support for the bride.

In the months leading up to the wedding the maid of honour or MOH is responsible for setting up and paying for the bridal shower, planning the stagette and attending all of the prenuptial parties and perhaps also hosting at least one.

Traditionally she is responsible for helping out with all things clothing-related, from helping the bride dress on the day to helping her change after the wedding to helping her pack for the honeymoon. MOHs can also be a great help when it comes to selecting the bridesmaid's dresses and accessories and be in charge of calling the gals when it's time for fittings and making sure that the florists, photographers and DJ are on time. On the day of the wedding, the MOH should show up at least two hours early to the bride's home or wherever she is getting ready to assist with getting the bride ready. Throughout the day the MOH should assist her bride with her veil, train and purse. During the ceremony the MOH should be holding the groom's ring, if that is delegated to her, as well as holding the bride's bouquet and returning it to her respectively after the ceremony. The MOH is also supposed to be the bride's witness for the marriage certificate, standing in the receiving line and giving a hand anywhere else it's needed.

Three weddings, c.1930s

Best Man

The best man's function, first and foremost, is to plan the bachelor party and to keep the groom out of danger while the party is raging. The best man may assist in selecting wedding attire for the groom and the groomsmen and assist in choosing apparel for any out of town groomsmen. He is also responsible for getting the groom to the wedding on time and keeping the ushers, any children in the wedding party and other groomsmen in check so that the wedding isn't delayed. He is responsible for escorting the MOH down the aisle and if she is not tending to the rings and there are no ring bearers, this duty falls on his shoulders. He will also sign as a witness to the wedding. The best man traditionally gives the first toast at the wedding and dances with the MOH during the first dance.

Part of this job also involves protecting incoming and outgoing funds by handing the envelope to the officiant after the ceremony and collecting and protecting the wedding envelopes and gifts. Towards the end of the night, the best man is also the guy responsible for tying the cans onto the back of the car and decorating the getaway vehicle.

Planning a wedding is no easy task, but sometimes these are the most memorable and meaningful experiences one can have in a lifetime. Of course, if the whole process detailed here is just too much, there is always eloping. Viva Las Vegas!

CHISASIBI TRADITIONAL POW WOW

AUGUST 10, 11, AND 12, 2007

"Honoring and Respecting the Women, Life Givers"

LOCATION: 1 RIVERSIDE ROAD, CHISASIBI, QUEBEC
(NEAR THE CREE NATION OF CHISASIBI ADMINISTRATION BUILDING)
RAINOUT LOCATION: JOBS MEMORIAL GARDENS

EVERYONE WELCOME! FREE ADMISSION

GRAND ENTRIES - FRIDAY 6:00 P.M. SATURDAY AND SUNDAY 1:00 P.M. & 6:00 P.M.

HOST DRUM: FLY-IN EAGLE - CUTKNIFE, SASKATCHEWAN
CO-HOST: LIGHTNING DRUM SINGERS - NORTH BAY, ONTARIO
INVITED DRUMS: WASESKUN SINGERS - WASWANIPI, QUEBEC
THUNDER CREEK - TIMMINS, ONTARIO

ALL DRUMS WELCOME, HONORARIUM WILL BE GIVEN TO GUEST DRUMS

ARENA DIRECTOR: RON BRIGHTNOSE

MC.: EARL DANYLUK SR. AND
GABRIEL HERODIER

HEAD MALE DANCER: DEREK BRESSETTE
HEAD FEMALE DANCER: MONA TOLLEY

VETERAN: CLARENCE TRAPPER, MOOSE FACTORY, ONTARIO

ELDERS: ROBBIE MATTHEW SR.
SALLY MATTHEW

EXHIBITION DANCING/SPECIALS
POTATO DANCE, SPECTATORS DANCE CONTEST, CHICKEN DANCE, HONOR SONGS, TRADITIONAL GAMES, AND MUCH MORE FUN!

ALL VENDORS $200.00 WEEKEND

FOR FURTHER INFORMATION CONTACT
BRIGHTER FUTURES OFFICE 819-855-2878
RON SHISHEESH 819-855-6302
ROY NEACAPPO 819-855 6281

This is an Alcohol and Substance Free Event

THE CHISASIBI TRADITIONAL POW WOW IS NOT RESPONSIBLE FOR ACCIDENTS, INJURIES, THEFT OR PROPERTY DAMAGE.

CREE HEALTH BOARD'S

WELLNESS CAMPS GO COASTAL

Anti-drug and drink message scores with youth

By Mike Beasley, Camp Hockey Instructor
Photos coutesy of Gordon Hudson

It's truly amazing what kids can accomplish when they open their eyes and ears and make an effort to accomplish personal goals.

Some of the biggest goals of their young lives were scored in Waskaganish during the last week of June as over 100 of the area's youth signed up for and attended the first-ever Cree Nation Developmental Hockey Camp.

During the seven days Waskaganish was not just a Cree village hosting another hockey camp but rather a group of both young and old citizens determined to make their lives and their family's lives better. The little village on the Rupert River became a hub of energy filled with excitement, education and inspiration.

The camp was more than just making the kids better hockey players. It was about developing life skills that would last a lifetime.

Children of all ages took part, listening to and learning from experts in their respective fields. Issues like drug and alcohol awareness was one of the main topics along with the benefits of proper nutrition and off-ice conditioning as well as learning how to gain confidence and self-esteem.

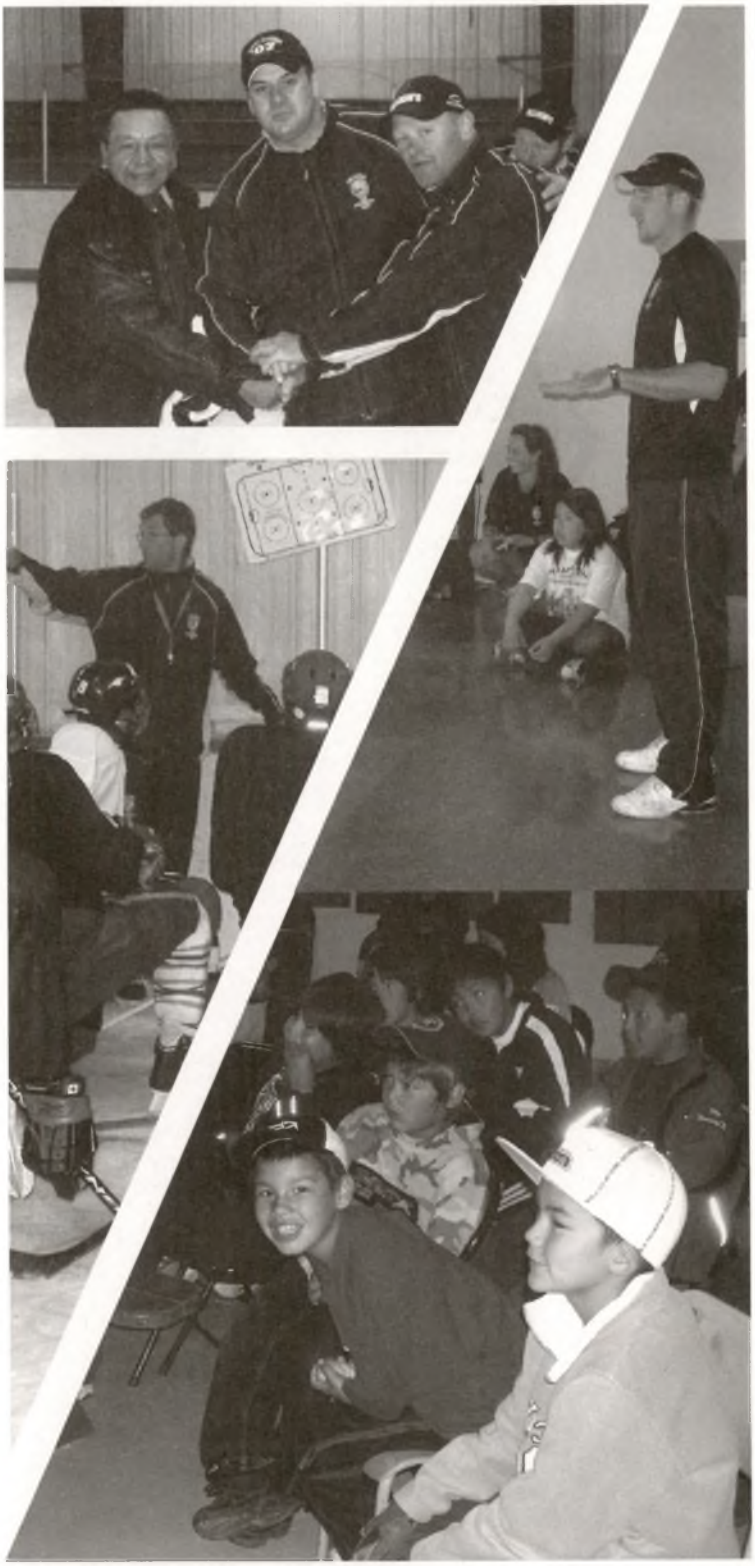
"I knew that the Waskaganish community wanted something like the Mistissini football camp which took place a couple of summers ago," said Gordon Hudson, Regional Director of Youth Healing Services for the Cree Nation Health Board.

About eight months ago two of Hudson's associates, Darren McCorriston and Mike McQuade, started brainstorming and finally the three of them came up with a developmental camp that not only featured high-end hockey instruction but also drug/alcohol and conditioning/nutrition/life skills components. After getting the approval of Waskaganish Chief Robert Weistche, the camp was scheduled for late June and they began planning in earnest.

Then on June 24, a team of 21 people flew from Ottawa to Waskaganish to begin work with the youth in the Cree community for the next week.

Campers met every morning around 9 am at the Sarah Stephen Memorial Arena to start another day. While one group was on the ice being put through drills and exercises by John Ollson and his group of instructors, another was upstairs in the meeting hall talking about the effects of drugs and alcohol with Ottawa police officers Mike Callaghan and Louise Logue.

A third group was bussed up to "The Gathering Place," where Ottawa's Lorne Goldenberg and his team from the Athletic Conditioning Centre taught the kids the importance of good nutrition, proper conditioning techniques and other valuable life skills.



UNIQUE COLLECTION

*Evening Gowns
*Graduation Gowns
*Wedding Gowns
*Tuxedos
*Costumes

Boutique Élégance Val-d'Or

Near Carrefour du Nord-Ouest.
Alterations available on site

1794. 3e Avenue, Val-d'Or
Opposite McDonald's

825-6141

RESERVE TODAY!
(514) 938-8333 · 1-800-565-6333 · www.hoteldufort.com

HÔTEL DU FORT
MONTRÉAL

Truly a rare find

SPECIAL RATE FOR
CREE COMMUNITIES

For group rates contact :
France Bordeleau

- 4 STAR PROPERTY WITH 5 STAR SERVICE
- DOWNTOWN MONTREAL
- RENOVATED BOUTIQUE HOTEL

All rooms are equipped with : Refrigerator • Coffee maker • Microwave

1390, rue du Fort, Montréal (Québec) H3H 2R6

PETRONOR

Distributor of petroleum products and lubricants in all the James Bay Territory.

Services:
Delivery of petroleum products in bulk,
Aviation fuel, Rental of movable tanks

Products:
Unleaded gas, Clear and colored diesel,
Stove oil, Jet-A, 100LL and Lubricants

Addresses:
www.petronor.ca

Radisson Depot:
Tel: (819) 638-8222 Fax: (819) 638-7107

La Grande Rivière Airport:
Tel: (819) 638-4547 Fax: (819) 638-4547

EM-1 Construction Site:
Tel: (819) 865-2045 Fax: (819) 865-2039

Chisasibi Gas Station:
Tel: (819) 855-2427 Fax: (819) 855-3462

Administration Offices:
Tel: (819) 824-5505 Fax: (819) 824-5420

Des
SERVICES PROFESSIONNELS
adaptés à vos besoins.

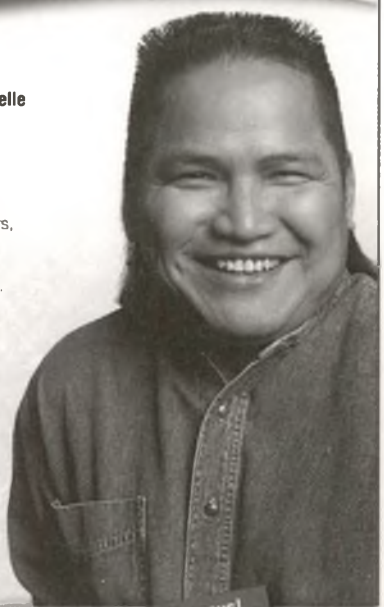
PROFESSIONAL SERVICES
adapted to your needs.

Le centre de formation professionnelle de la Jamésie vous propose les programmes suivants :

mécanique industrielle,
mécanique d'engins de chantier,
mécanique de véhicules lourds routiers,
aménagement de la forêt,
travail sylvicole,
abattage et façonnage des forêts, etc.

The vocational training centre of Jamesie offers the following programs:

industrial mechanics,
heavy-duty equipment mechanics,
heavy-duty road vehicle mechanics,
forest management,
silvicultural work,
tree falling practices, etc.



Commission scolaire de la Baie-James

Partenaire de la commission scolaire Crie
Cree School Board's partner

Contactez-nous!
Contact us!
418 748-7621
option 2, ext. 3334

"It's incredible how the group came up and formed an immediate bond with the kids," said Hudson. "The presentations and information sessions seemed to sink in almost immediately. Many parents were delighted that their children were actually starting conversations about drugs and alcohol."

"My son will remember this camp for the rest of his life"

Michel Cloutier

Chief Weistche was all smiles after showing off his hockey skills during a Friday morning session. He said he liked what he saw and would like to do it again.

"This camp was a great thing for the kids," Weistche said. "I was really impressed with every aspect of the camp and I appreciate the time and efforts of every instructor."

Even a couple of long-time Waskaganish residents and hockey experts were impressed with the camp. Charles J. Hester, Director of Youth and Recreation had seen hockey schools in the community before but none like the most recent.

"We've had hockey camps that featured dry land training here before but none that spoke about drugs, alcohol and nutrition," Hester observed. "Discussing all these issues really completes the cycle in our community. I had a lot of positive feedback about the whole thing, the parents are really happy. They know that their $50 (registration fee) has been well spent. If this camp can convince one kid to stay off drugs it will have made a significant impact in the community. I hope it becomes an annual event."

Word spread so fast throughout the Cree communities about the quality and content of the camp that Hester is still getting phone calls enquiring about availability. "I had calls from Mistissini, Nemaska, Chisasibi, Waswanipi, Eastmain and Moose Factory from parents asking whether I could still register their sons or daughters," he laughed.

Waskaganish's resident hockey guru, Steve Cheechoo, is the coach of the Midget AA Bears and was an on-ice instructor during the week. Cheechoo said that it was a very different camp than he had ever seen before. "This camp took care of everything that needs to be addressed in our community," Cheechoo said. "Drug and alcohol awareness, nutrition and conditioning are all very important factors not just in hockey but in every day life in Waskaganish. After a couple of days, it was very interesting to hear the kids tell their parents that they needed to start eating better and had to improve their sleep habits."

The focus was on the kids, said Cheechoo. "The instructors were always trying to encourage them, they were always positive, you could see they were passionate about what they were trying to achieve in Waskaganish. I think it was a great success and would love to be a part of it every summer."

The camp also proved to be a real eye-opener for Waskaganish Public Safety officer Michel Cloutier, whose son James was a participant. "My son will remember this camp for the rest of his life," said Cloutier as he took time out one morning to watch James on the ice. "My boy is 11 years old now and is sometimes hard to discipline. But I found that this camp was very disciplined and dealt with some of our community's major issues. I liked that and it will definitely help my son. Every day he learned something new about hockey, conditioning and nutrition as well as how drugs and alcohol abuse can ruin your life. I know James benefited from the camp. I would like to see it become a regular event in the community."

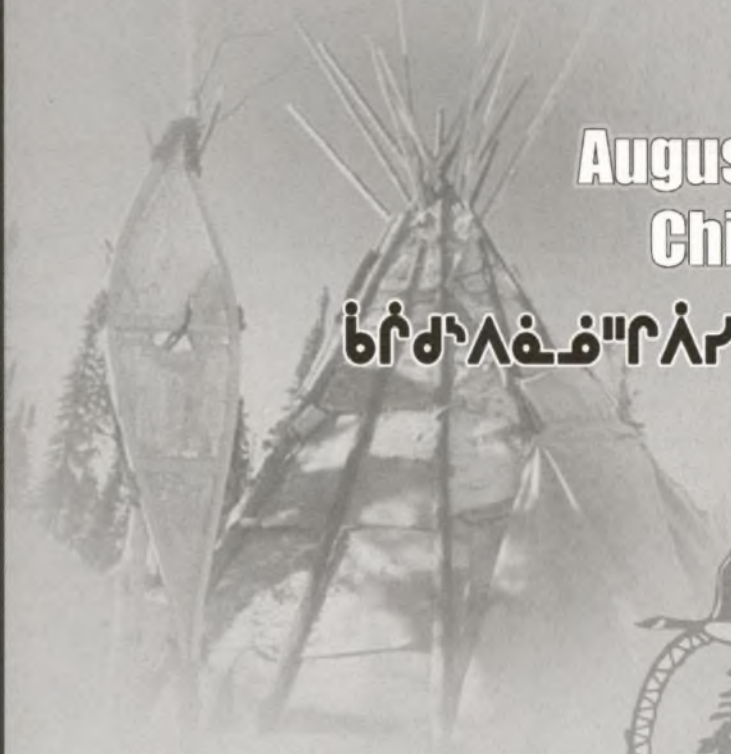
With one successful camp already in the books does the possibility exist of future ones in Waskaganish and other Cree communities? "Our goal is to build on this," Hudson said on the final day. "Once we start something we want to keep it going. I know I'm tired and the kids are tired but they still managed a smile and that's what it's all about."

NORTHERN NOTES: Hudson will be running similar camps later this summer in August in other Cree communities although the sports will be football and basketball this time around.

From August 13-15, Hudson will host a football camp in Mistissini, Quebec. Joe Paopao, former CFL coach and current assistant coach with the University of Waterloo, is scheduled to attend as will Montreal Alouettes players and cheerleaders

On August 16-18, Hudson will be in Whapmagoostui with several basketball coaches and players. The Toronto Raptors mascot will be making an appearance.

33rd G.C.C.E.I.
30th C.R.A.
ANNUAL GENERAL ASSEMBLY



August 7,8,9, 2007
Chisasibi, Qc

ᑲᒋᓂᐱᓇᓭᓄᒻᒋᐱᓯᒪ 7,8,9, 2007
ᒋᖁᓯᐱ ᓂᐯᐅ

"A Nation Strong in People, Culture and Vision"

ᐁ ᒪᐢᓂᑲᐳᐧᐃᕆᓂ ᐁ ᐃᓕᓴᐧᐃᕆᓂ ᐃᓕᓴ ᐊᓕᑐᐧᐃᓄᒻᑦ ᑲᖁᑎ ᓄᑲᓭᐸᑎᑕᒧᐧᐃᓄᒻᑦₓ

THE BREAKING WIND HEARD AROUND THE WORLD

by Xavier Kataquapit

The Breaking Wind, a Six Nations music group, performed July 7 in Washington, DC as part of the global Live Earth concerts. The band shared the stage at the Smithsonian's National Museum of the American Indian with event organizer and former US Vice President Al Gore as well as many well known Native American music groups and personalities as part of the seven-continent extravaganza highlighting global warming.

"This is the opportunity of our lives," said Wes Martin, lead singer and guitarist for The Breaking Wind. "We are so excited about appearing at such a huge event and one that is very close to the heart of Native peoples of the world. This is our chance, even though we are a very young band, to do something in the cause of solving global warming."

Their performance was met with a standing ovation and an encore. All of the band members had the opportunity to meet Garth Brooks, who made a special appearance at the event.

All group members are under the age of 15 and come from the Six Nations area. Martin, 14, who is Mohawk, is joined by fellow band members Ryan Johnson (14, Oneida) on bass and vocals; Marty Isaacs (15, Mohawk) on guitar and vocals; and 12-year-old Ryan Mickeloff on drums. All are from Six Nations except Mickeloff, who is from Caledonia. The group performs their own original material as well as covers that draw from rock, blues, funk and jazz.

The 24-hour Live Earth concert series began in Sydney on July 7 and continued across all seven continents with events in Tokyo, Shanghai, Hamburg, Johannesburg, London and Rio de Janeiro before concluding at Giants Stadium in New York. The Mother Earth event hosted by Smithsonian's National Museum of the American Indian was one of many partners participating during the day. The Live Earth day event was broadcast live and also rebroadcast on television networks and on the internet at www.LiveEarth.MSN.com

Some of the acts performing globally included The Police, Genesis, Bon Jovi, Madonna, Kanye West, Kelly Clarkson, Black Eyed Peas, Jack Johnson and Yusuf Islam (formerly Cat Stevens). Garth Brooks and Trisha Yearwood made a special appearance at the Mother Earth concert in Washington.

There had been many obstacles and stumbling blocks facing the Live Earth organizers in terms of staging a concert in Washington, DC. The Smithsonian's National Museum of the American Indian was instrumental in working with Gore and the event organizers to provide for the Live Earth concert on the Washington Mall. Although the consensus from most of the world's scientists is that the global warming crisis is a serious threat to the planet, many government and commercial interests are contesting the facts and doing their best to derail the efforts of those who are trying to create awareness of this environmental problem.

Live Earth marked the beginning of a multi-year campaign led by the Alliance for Climate Protection, The Climate Group and other international organizations to drive individuals, corporations and governments to take action to solve global warming. Gore is the Chair of the Alliance and Partner of Live Earth.

Live Earth was founded by Kevin Wall, the Worldwide Executive Producer of Live 8, an event that brought together one of the largest audiences in history to combat poverty. Wall formed a partnership with Gore and the Alliance for Climate Protection to ensure that Live Earth inspires behavioral changes long after the event.

Live Earth is a project of the SOS campaign, which is using powerful multimedia platforms including films, television, radio, Internet, books, wireless and other media to move people to combat the climate crisis. For more information go to: www.liveearth.org; www.myspace.com/thebreakingwind33; www.nmai.si.edu/motherearth/index.html

Cégep de l'Abitibi-Témiscamingue

Studying in Val-d'Or, naturally!

At the Val-d'Or Campus, you may register for:

Programs offered in French:

- *Accueil et intégration*
- *Soins infirmiers*
- *Sciences de la nature*
- *Sciences humaines, profil avec mathématiques*
- *Sciences humaines, profil sans mathématiques*
- *Techniques de comptabilité et de gestion*

Programs offered in English:

- *Access to College*

Late registration
Deadline : August 17, 2007

For information:

- ***MARIE-CLAUDE PEPIN***
  Information officer
  Academic Advisor
  (819)874-3837 extension 497
- ***Fax :*** *(819) 825-4340*
- ***E-Mail :*** *marieclaude.pepin@cegepat.qc.ca*

www.cegepat.qc.ca

Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Easy Cheesy Ham and Veggie Rice Casserole

Ingredients

1 packet (3 1/2oz)	boil-in-a-bag brown rice	100g
2 cups	broccoli florets	500ml
1 cup	carrot sticks	250ml
6oz	lean, reduced-sodium ham, diced	170g
2oz	Swiss cheese, torn into pieces	55g
3oz	reduced-fat sharp Cheddar cheese, shredded, divided	85g
1 tbsp	reduced calorie margarine	15ml
1/8 tsp	cayenne pepper	1.5ml

Directions

1. Cook your rice in a large saucepan according to package directions, making sure to leave out the salt and fat. Remove the rice packet when cooked and drain the water from the saucepan. Next, in the same saucepan heat up three cups of new water, then add broccoli and carrots. Bring to a boil, then reduce the heat to medium.
2. Cover veggies and let them simmer for 3 minutes or until the broccoli is crisp yet tender. Drain the water from the vegetables, then add the cooked rice back to the saucepan. Heat rice and veggies over medium-low heat.
3. Next add the ham, Swiss cheese, and one ounce of your Cheddar, plus the margarine and cayenne pepper. Stir everything together gently. Sprinkle the remaining Cheddar evenly on top, then cover and cook for 3 more minutes.

Makes four 1 1/2 cup servings.

Nutritional Analysis per serving (1 1/2 cup):

Calories: 283	Fibre: 2g
Total Fat: 12g	Saturated Fat: 6g
Carbohydrates: 26g	Protein: 19g
Cholesterol: 48mg	Sodium: 616mg

Northern

UNDER THE NORTHERN SKY

Music that moves us

by Xavier Kataquapit

Everyone loves a good song. However, we are sometimes limited to what kind of music we can enjoy because we do not have access to different musical influences. When this happens, we only get to see a small window into all the possibilities of music groups and styles.

As far as we Cree go, at the start of the last century, music was mainly in the form of traditional drumming or singing, either as a group or as individuals performing for family or friends. These were ancient songs passed down through generations over hundreds of years. However, this all changed in a matter of a few decades with the European religious influences that commanded Native people to forget old traditions and replace them with a new dogma based on foreign ideas. Our music was banned and we had to learn the melodies of ancient Latin hymns that had been translated into the traditional Cree language. In other parts of the country Native people had to learn English songs for church.

For the longest time, music was primarily based on what one heard in church. However, there was also another musical European influence that made its way through to us. This came in the form of the fiddle and Irish and Scottish jigs and reels. For many years, the only choice in a remote northern Native community for music was either the church or the Hudson's Bay Store. More fun was had at the general stores where the fiddle ruled supreme.

It wasn't until the 60s and 70s that people on the coast began developing their own taste in modern music. This started by people listening to radio networks that sometimes floated over the cold northern landscape for thousands of miles. When the air is still and all the moisture has frozen and fallen from the atmosphere, this creates perfect conditions to pick up radio networks from as far away as Chicago, Cincinnati and Toronto.

As my people began to gather enough money to buy radios, they also purchased record players. At this time many of the young Cree men were leaving the north to find jobs in lumber and mining camps in northeastern Ontario, where they met people who had all sorts of music at their disposal. These newly employed fellows brought back what vinyl records they could find and introduced them to their communities. Although most of the music would have been out of date in the south the Cree from up the coast saw it all as new music.

Even though Hank Williams was a big hit in 50s, he was reborn as a sensation on the James Bay coast in the 70s through vinyl records. His albums were played alongside 50s artists like Johnny Cash, Hank Snow and Johnny Horton. Everyone fell in love with the easy beat, the sound of the fiddle and country style music that people were accustomed to from the traditional Irish and Scottish jigs and reels.

In the 1980s, our connection to the greater world became stronger as more and more people visited the south and came home with new influences in popular music. Nonetheless, we were still disconnected in many ways and the music we heard was limited to what albums were brought home by traveling community members. Our taste in modern music was also influenced by our tradition. Everyone gravitated towards the rhythmic sound of country music because of our European friends who played the fiddle and guitar. These songs had strong beats that reminded us of the drum. The drum is so important to Native people everywhere as it represents the heart beat of mother earth.

It is no wonder that big hits in the north were produced by artists and bands like Creedence Clearwater Revival (CCR), Lynyrd Skynyrd and Bob Seger. Even when these hits fell off the charts in the south the Cree up the coast still played them morning, noon and night. Bands such as Nazareth that portrayed a darker image and sound were also popular as everyone felt they represented our moods and feelings about living in the north away from the rest of the world. There were also influences for the older generation as well. The original song "House of the Rising Sun" may be the story of a brothel in New Orleans but elders enjoyed the melody so much they chose to ignore the original English lyrics and instead gave new life to an old Catholic Latin hymn.

When most of the teenagers attended high school in southern cities and towns in the 80s, our musical tastes became more in line with the rest of the popular culture. We had more media influence also with television and radio. Albums produced by such bands as Def Leppard and the big hair bands of the 80s were played endlessly. I recall that my brothers wore out several cassettes from Def Leppard's *Hysteria*. Even though I may find this album a bit tiresome now, when I hear those tunes I drift back to a time where my brother Philip was still alive and full of fun. I think of my friends from that time and the hunting trips out on the land. I remember the comfort in hearing our favorite tunes out under the stars in the middle of nowhere.

In the 90s, music genres changed again and everyone fell for dance music, rap and hip hop. As the years went by, I noticed at first it felt easy and fun to listen to. Somehow some of it became darker and harder. I guess the type of music we enjoy personifies the way we feel at a given time. It is no wonder that the hard and heavy lyrics and music that was born out of downtrodden and deprived black American ghettos has become popular with youth in many Native communities. Young people from both groups can identify with hardships, racism and non inclusion.

I wonder if at some point there will be music that makes us full of wonder again. Music that moves us on to great things. The Europeans did have a taste of that I think at one point. I believe it was called the Renaissance. I would welcome that change in my life time.

GO MOBILE!

ᐊᐱᒋᑦᑕᐧ ᑕᖃᐱᖃᓗᓂᓐᓄᖃᖅ ᑲ ᐊᐳᒍᐧᐊᑦᐱᐅᓚᖅ

Convenient
Safe
Affordable

WELCOME TO THE WORLD OF CELLPHONES, WASKAGANISH!

A simple and smart way to stay mobile, stay efficient - and keep your family safe!

Vast selection of phones starting at **$0.***

Vitrerie Pomerleau or Creetech Management, Télébec Mobilité authorized dealers, would be pleased to serve the customers of Waskaganish. Ask them about our special offers today!

Vitrerie Pomerleau
111, Mercier boul.
Amos (Québec) J9T 2P2
Phone: 1 800 567-6463
Fax: 819 732-0365

Creetech Management
80, Mistissini boul.
Mistissini (Québec) G0W 1C0
Phone: 1 866 923-3560
Fax: (418) 923-2458

*Where technology permits. Price valid only on selected cellphones. Available while stock last. Taxes are additional. For details, please contact our authorized dealers, the Télébec Mobilité Customer Service Department, or visit www.telebec.com.

Télébec Mobilité

1-888-TÉLÉBEC
telebec.com

Unbiased anonymous up-to-date practical FREE

HIV/AIDS Treatment Information
in print, online, over the phone

Canadian AIDS Treatment Information Exchange
Réseau canadien d'info-traitements sida

www.catie.ca
1-800-263-1638

PATRICK DESCARREAUX
QUEBEC LAND SURVEYOR
CANADA LANDS SURVEYOR

- High precision GPS positionning
- Certificate of location
- Topographical plans
- Mining
- Land development planning
- Construction surveying and staking
- Registration plans and technical descriptions for the obtainment of rights of superficie and/or mortgage loans (Private Housing)

34, 9th Avenue West
La Sarre (Quebec) J9Z 1N7
Tel.: (819) 333-3155 Fax.: (819) 333-3126
E-mail: patd@cablevision.qc.ca

continued from page 7

"Maybe it gives us a chance for a true Cree voice to come through in the types of programs and projects that we want to implement here,"

really want to change the way things are done out on the land, you need to be able to change policy."

The Canadian Forestry Service received a total of 58 proposals for a five-year period ending March 2012. From there, an independent review committee closely examined the candidates before recommending 11 of them.

"Of the proposals that they recommended, Waswanipi was not one of them," said Brian Wilson, Director of National Programs for the CFS. "Although it was a good proposal, it did not come up in the top 11."

Although it is a sad day for Waswanipi, Martin Pelletier, one of the researchers who worked on the project, said it had to happen sooner or later.

"These kinds of programs have to have an end," he said. "It's really research-oriented. You build a research program and design it to prove certain points and research other aspects. The whole purpose is to come to an end when you have your answers."

Pelletier said that when the project first started in 1992, the forestry companies complained that they had trouble getting the traditional knowledge from the tallymen. But it was explained to them that it takes time and a certain trust has to be built up first before that would be possible.

The non-native researchers lived in Cree camps with the families and participated in traditional living to help gain that trust. They hunted, they trapped, they showed their willingness to learn and to be patient and it paid off. "After that we were able to sit at the same table and build the results together," said Pelletier.

Three well-respected families on three different trap lines were chosen to participate from beginning to end. "They were there to guide us and to tell us when we were taking the wrong approach and to examine our results," said Pelletier. "Our objective was to validate what we were doing and this was the key to success in the process."

Speaking before this announcement, Sam W. Gull, ex-President of the Cree Model Forest Program, expressed sadness about the possibility the project might not be renewed.

"There will be a loss of jobs and innovation," Gull said. "It was a way for us to participate in forest management and develop tools. These tools we developed are being applied on the whole territory for the Paix des Braves under Chapter 3 in the forestry sector."

"It was a good place to learn and manage and participate and to ensure that the trappers and the Crees' voices were heard. That would be a loss for the Crees as a whole."

Pelletier said the CMF was the only Aboriginal-led program within the 11 model forests in Canada and the unique partnership would be missed if the province doesn't renew funding next year.

"It's all about cross-cultural understanding and awareness," he said. "It's about trying to understand each other more. The non-Cree researchers act as ambassadors to the rest of the world on Cree knowledge and understanding their vision of things. And also the Crees involved will try to explain to the community how we work and how they can make the most out of it."

On the bright side, Oblin said the CMF will have more leeway without the federal government interfering and questioning each budget choice.

"Maybe it gives us a chance for a true Cree voice to come through in the types of programs and projects that we want to implement here," said Oblin. "We can look at it that way on the positive side. Whenever you get funding from a source you have to comply with the restrictions that come with that funding too. We have to revisit completely how we're going to get money for the model forest."

On the road to a happy heart
An educational journey to make young people aware of the importance of good health
All aboard for healthy eating and physical activity!
The Heart and Stroke Foundation of Québec invites elementary school teachers and their students on an exciting and entertaining adventure tour of the neighbourhood, the regions of Québec and the world. Discover the benefits of healthy living in your classroom through fun, easy-to-do activities.
REGISTER NOW
Call 1-800-567-8563
Email us at ontheroad@fmcoeur.qc.ca
or download the registration form at
www.heartandstroke.qc.ca/ontheroad
HEART& STROKE FOUNDATION OF QUÉBEC
Finding answers. For life.
Government of Canada Gouvernement du Canada
Canada

CLASSIFIEDS

BIRTHDAYS – 101

Happy Birthday to my Mom, Margaret I want to send a birthday wish to Alex John Blacksmith for his birthday that already passed on June 17, 2007. Happy beautiful birthday to you my dear, I want you to know that I appreciate all that you do for yourself and learn to believe in yourself, I am there for you always. Love from Sue, Jacob and all the gang at 104 Obatagamau. XXXXXX P.S. Happy Father's Day from baby Jacob. I love you Dadda!

How time flies when you look at a beautiful flower growing up, our baby son will be turning two (2) on June 22, 2007 @ 12:45pm. You sure are picking up real fast on everything, you make me (us) happy when the skies are gray, you'll never know dear HOW much we love you, so please don't take our sunshine away. You always did love that song when I hummed it to you. Happy 2nd Birthday Jacob Alex Vincent Blacksmith. Love always, Mom, Dadda, Casey and Crystal, Amanda and babes (Johnny) plus your other big brother Alexander Benoit Blacksmith. We love you Jacob XXXXXXXXXXX.

I would like to wish Happy Belated Birthdays to my fiancé and children Jimmy C. Etapp, James Etapp and Cherish Etapp. On May 20 and to our son James Etapp on June 14th and our baby girl on July 1st she'll be turning 1 year old. I love you guys so much and thank you very much Junior for "Always" being there for us. I don't know what I would do if I didn't have you guys in my life, you mean the world to me. From your mommy and fiancée Sonia Baribeau. xox

I would like to wish birthday greetings to my handsome baby boy Riley Salt-Hester, He will be celebrating his 10th birthday on August 6/07. My son is a wonderful blessing from God, he brings happiness, joy, laughter and love to my life, with every passing year he's more special than

before, thats why I love him more and more, no words can describe the love I have for you my son Riley. Mom wants to wish you a happy birthday on your special day and tell you she loves you with all her heart. "I love you Riley" Love mom, Dianna (Wask).

We wanna wish a happy 65th birthday to our dad John Masty. We love you dad. You are the best. We are so proud to have a dad like you. Have a great day, from all your children: Nellie, Karen, Sherman, Vincent and Charlotte.

We would like to wish a happy 15th birthday to our son Nathan Masty on July 27. We love you and we miss you very much. See u soon, from Mom and Dad .

I would like to say Happy Birthday to my Godfather, Tyrone Blackned on July 9, 2007. I want you to know that I love you alot. Once again Happy Birthday Ty and many more to come. Lots of love, your Godson, Cyrus Hester xoxoxo.

I would like to wish James Robert Henri Etapp a happy 2nd birthday on June 14, 2007. I love you so much, James. You make me happy when skies are grey. Happy belated birthday, James better late then ever. Be a good boy. Just try, it is not hard. Also a happy 1st birthday to Cherish Starr Serenity Etapp on July 1st, 2007. You always make me happy when being with you. If only you knew what you mean to me, girl. I am still waiting to eat some cake with you and your brother. I love you both kids so much and nobody will ever take the love I have for you guys!!!!!! Enjoy your birthdays and may you be blessed with more Birthdays!!! With lots of love, Stephanie (Mistissini) xoxoxoxoxoxoxo.

We would like to wish happy 1st birthday to our granddaugther Neebin-Niibees George on July 18 and to our grandchildren (the twins) Ardurmus & Anthea Mark-Masty on July 17 we love you all so much from Joomshum George and Googoom Nellie.

We would like to wish our son Waylon Terrell Ross Jolly a Happy 2nd Birthday on July 13, 2007. We thank God for blessing our family with a little boy. It brings such happiness, laughter and completeness into our family. Thank God for little boys, your sisters really love you as much as we do. And as for your lil' brother, we know God has sent you a friend to play and wrestle with. Jabweh! lol We'll make sure you have a blast on your special day...We love you with all our hearts. With lots of love & kisses: Mom & Dad (Brenda-R & Joseph Jolly Sr.) xoxoxoxox. Happy Birthday to my friend Rose Lynn Rabbitskin on the 13th of July. May God bless you with many more birthdays. Best of wishes to you throughout the year and always. Love in Friendship; Brenda-Rose.

We would like to wish our baby Britney Mary Josephine Coon a Happy 1st Birthday on July 6th. Love always, Mom, Dad, Sisters Merissa & Semera and from your brothers Bedabin & Reilly Coon. Enjoy your day....little one.

PERSONAL MESSAGES – 300

We would like to say "Good Luck" to Henry Mamianskum. Congratulations on your new job. Hope that you will be thinking about us. From all the Ladies @ the Chisasibi Cultural Department. P.S. call us if the C.L. are done.

Public Service Announcements - 400

The Native Women's Shelter of Montreal has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out our website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call Kid's Help Phone's toll-free at: 1-800-668-6868, or visit: www.kidshelp.sympatico.ca.

Un emploi en pleine nature

A job in the great outdoors

ᐊᐱᑎᓱ·Δᵃ ᐊᓂᑦ" ·Δ̇·Δ̇ᑎᒥᑦᒡ

sur le territoire Cri ?

in Cree territory ?

ᐊᓂᑦ" Δ̇ᓱᓱᐤ ᐊᑦᑭᒡᒡ?

C'est possible !

It's possible !

ᑭᓱ·ᐸ ᒐ ᑭ Δᔑᓇᑯᒡᒡ!

Le ministère des Ressources naturelles et de la Faune est à la recherche de candidats ou candidates pour devenir agents ou agentes de protection de la faune.

Présentement : 4 emplois saisonniers

Information : (418) 748-7701, poste 249
Inscription du 6 juillet au 3 août 2007
Télécopiez votre c.v. au (418) 748-3338

The Minister of Natural Resources and Wildlife is looking for candidates who are interested in becoming Wildlife Protection Officers. These jobs opportunities equally concern women and men.

4 seasonal jobs currently available

Information : (418) 748-7701, extension 249
Registration from July 6 to August 3, 2007
Fax your c.v. to (418) 748-3338

ᑎᐸᓱᐣᑭᒐᓂᐤ ᑲ ᓇᓇᐱᑭᐣᑕᒃ ᐊᑦᑭᒡᒡ ᐋ ᐅᐣᑎᓂᑭᓂ·Δᓱᐤ ᒐ·ᑲᓱᐤ ᑭᓱᐣ ᓂᑐᐣᐅᓂ·ᐋᐱᒃᐅᒃ ᐊᓱ·ᐋᐤ ᐋ ·Δ̇ᐣ ᐧᐦᑭᓱᒃᒡᒡ ᒐ ᑭ Δᑕᐱᑎᓂᓱᒃᒡᒡ ᓂᑐᐣᐅᓂ·ᐋᓱᐤ ᐋ ᓇᐱᑐ·ᐋᓱᐣᑎᑎᓱᒃᒡᒡ

4 ᐋᐱᑎᓱ·Δᵃᐣ ᒪ·ᑲᒃ ᐋᐱᐣᐊᓴᑕᐤᐣ

ᐊᑎᑐ ᒐ ᑭ ᓂᑐᑦᒐᓱᐣᑎᒪᐧ ᒐ·ᑲᵒ:
418 748 7701, ᒐᵒ 249 ᑭᑭ ᒪᐧᐦᓇᓇ·ᐋᐧ
ᐋ ᐱᐣᑕᓂᐣᐅᐧᓇᓂ·Δᒃ ᐅᐱᓴᐦᐃᓂᓂ 6 ᐱᐣᐊᒃ ᐅᐣᐱᐣᐅᐱᓂᒃ 3, 2007
ᒪᐅᑕᐣ ᒐ Δᑎᔑᐣᐊᒪᐧ ᑎᑎᓂᓂᐣᐃᑭᓂ ᐋᓀ·Δᓂᓂᐣᐃᒪᐱᑎᓂᐣᒡᒡ
418 748 3338

www.mrnf.gouv.qc.ca/fr/BaieJames

Indian and Northern Affairs Canada
Affaires indiennes et du Nord Canada

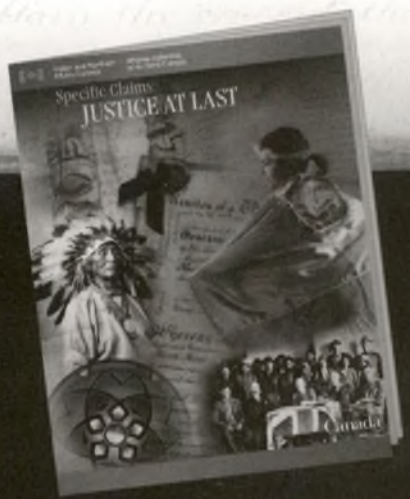
Resolving Specific Claims Once and For All

The Government of Canada has recently announced a decisive new plan to resolve the backlog of First Nations' specific claims, which is currently more than 800. The plan has been designed to ensure the process is accelerated, and that First Nations are provided with fair and timely resolution of specific claims.

Canada's Specific Claims Action Plan includes:

- An independent claims tribunal;
- Faster processing by the Government;
- Better access to mediation; and
- Dedicated funding for settlements.

Discussions with First Nation and provincial/territorial partners will take place over the coming months. The goal is to bring legislation forward in the fall to implement the plan.



For more information and a copy of the booklet

Call: 1-800-567-9604

Visit: www.inac.gc.ca

Canada

HONDA de Val-D'Or

1720, 3rd Avenue, Val-d'Or
Tel: 819-825-7838
Fax: 819-825-8855
Toll free: 1-877-525-7838
www.hondadevaldor.ca
Roadside Assistance 1-800-465-7587

Ridgeline

★★★★★
Safest vehicles in their categories with 5-star rating from the NHTSA

Standard equipment on the Ridgeline:

- 3.5-liter V6 VTEC 247hp
- 4-wheel independent suspension
- 5000 lbs towing capacity
- Pre-wired for trailer brake controller
- Heavy-duty radiator
- Heavy duty power steering fluid cooler
- Heavy-duty automatic transmission cooler
- Huge front and rear brake rotors
- Solid closed-box frame + unibody
- VTM-4 4-wheel drive system
- Vehicle Stability Assist (VSA)
- 6 Airbags (with side curtains)
- In-bed trunk
- Power group
- 29mi/gallon
- And lots more!!!
- Starting at 35600$

Pilot

The Pilot is the most fuel-efficient 8-passenger SUV in North America

Standard equipment on the Pilot:

- 8-passenger seating
- 3.5-liter V6 VTEC 244hp
- Ultra-Low Vehicle Emission (ULEV)
- 4-wheel independent suspension
- 4500 lbs towing capacity
- Solid frame structure
- Vehicle Stability Assist (VSA)
- 6 Airbags (with side curtains)
- 16-inch Alloy wheels
- Power group
- Dual-zone Air Conditionning
- Heated mirrors
- Tire Pressure Monitoring System
- Roof side rails
- Over 800km with one tank!
- Up to 32 mi/gallon!

We're looking for personnel in our Service Department!

GRADUATE PROGRAM

Recent university or college graduates may be eligible for an allowance of up to $750.00 on certain models. See participating Honda Dealers for complete details.

TOP SAFETY PICK 2007
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

COMPLIMENTARY FILL-UP

All new Honda vehicles are delivered with a full tank.

FIVE YEAR WARRANTY 100,000 KM

Spring Promotion:
Get our *6/160 Honda Plus Extended Warranty* FREE with the purchase of a vehicle in stock when you say you saw our ad in *The Nation*. Only at Honda de Val-d'Or.

Patrick Carbonneau
General Sales Manager

Martin Roy
Senior Service Advisor

MONTRÉAL ALOUETTES

4th Annual All-Star Football & Cheerleading Camp

August 13, 14, 15 in Mistissini

For Boys and Girls of all ages.
No football experience needed.
Camp free of charge.

COACH PAOPAO RETURNS!

Contact: Mistissini Recreation Department at (418) 923-3461 ext. 254

Conseil Cri de la santé et des services sociaux de la Baie James
ᐅᓂᐦᓯᐤ ᑲᐦ ᐱᒋᐧᐃ ᐊᑲᐤ ᐊᓂᐧᐃᑲᓇᐧᐃᐣ
Cree Board of Health and Social Services of James Bay

Cree Nation of Mistissini

and Youth Healing Services